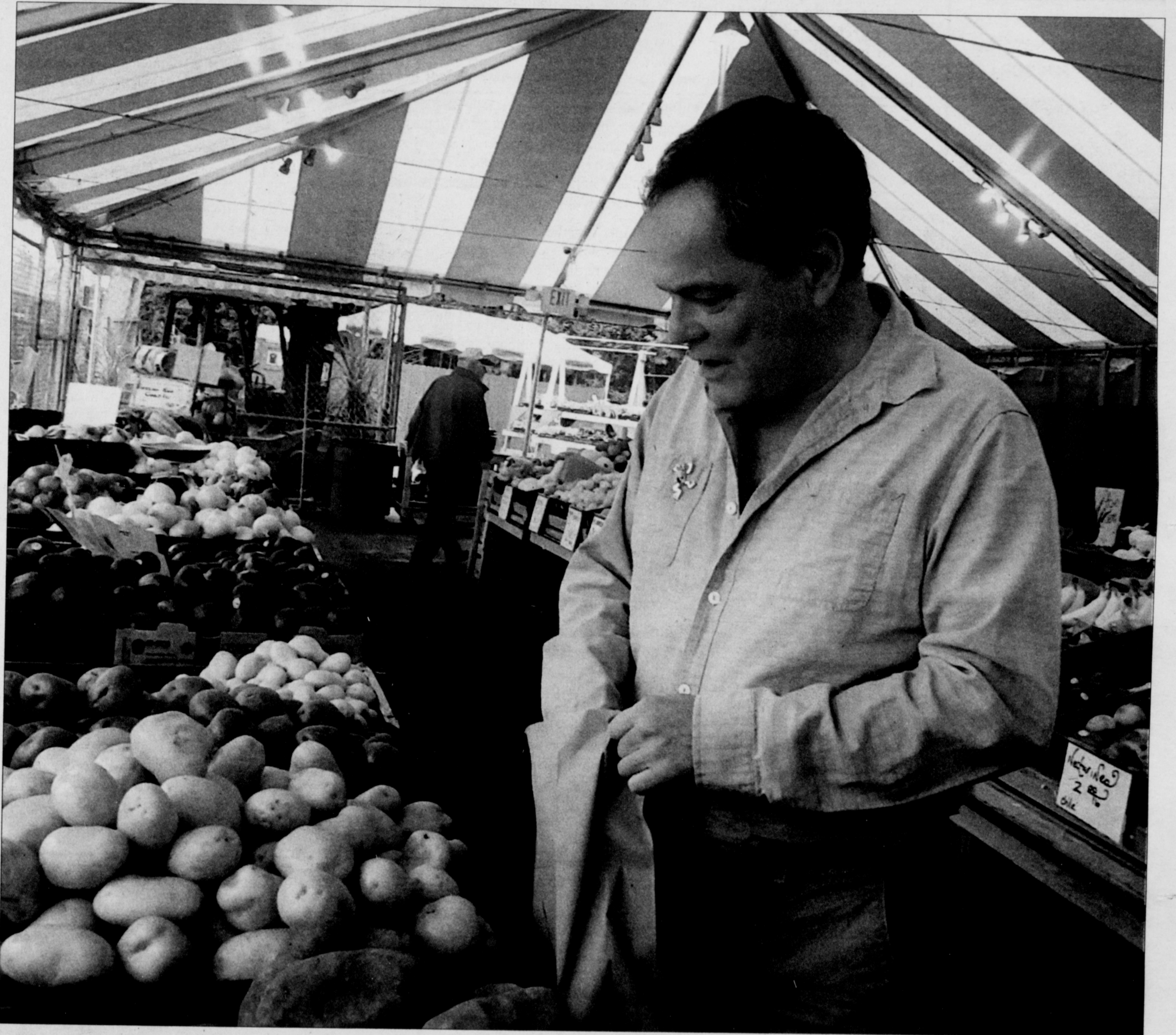


Mississippi
 Alberta
 North Portland

MIETRO

Vancouver
 East County
 Beaverton



Marc Anderson says he feels empowered after going to his Native roots in the adoption of a vegan diet that has brought better health, including reductions in blood sugar, cholesterol, weight and blood pressure, and an improvement in self-esteem. He also lost 20 pounds. PHOTO BY CARI HACHMANN/THE PORTLAND OBSERVER

Wisdom of Ancestors

Native cure for diabetes: Go vegan

BY CARI HACHMANN
 THE PORTLAND OBSERVER

In an effort to reverse Type 2 diabetes among tribal populations, Natives call for a return to an ancestral plant-based diet.

Marc Anderson, 60, a descendent of Oklahoma Seminole Chief Billy Bowlegs, didn't realize how bad the diet on his family's reservation had become until a trip back home left him with a feeling of culture shock.

"The food was all fast food," said Anderson, an environmental engineer living in Tualatin who has worked with tribal government for 16 years. Not even the nearby Indian Casino had vegetarian options. "I bought a

watermelon at Walmart," he joked, though the revelation he left home with was serious.

The average longevity of Tribal members

continued ▼ on page 19