



McDougall Newsletter

Volume 6 Issue 11

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Vitamin B12 Deficiency—the Meat-eaters' Last Stand

Defending eating habits seems to be a primal instinct for people. These days Westerners are running out of excuses for their gluttony. [Well-read people no longer believe meat is necessary to meet our protein needs](#) or [that milk is the favored source of calcium](#). With the crumbling of these two time-honored battle fronts the vitamin B12 issue has become the trendy topic whenever a strict vegetarian (vegan) diet is discussed. Since the usual dietary source of vitamin B12 for omnivores is the flesh of other animals, the obvious conclusion is that those who choose to avoid eating meat are destined to become B12 deficient. There is a grain of truth in this concern, but in reality an otherwise healthy strict vegetarian's risk of developing a disease from B12 deficiency by following a sensible diet is extremely rare—less than one chance in a million. **PAGE 2**

One-pot Meal Favorites

My daughter, Heather, suggested I put this compilation together for her, and for you, in order to save time. (Talk about busy—she is having her 3rd baby, all less than 5 years old, in June). The following 15 meals are the ones that I make for our family regularly. Simply add all the ingredients to one pot and cook. This set of recipes is focused on beans because this starchy legume is an easy favorite. My workload is cut even further by having my pantry well stocked with basic ingredients, such as spices, canned tomatoes and beans, dried beans and grains, onions, garlic, potatoes, yams and vegetable broth. Look over the recipes and develop your shopping list. **PAGE 7**

FEATURED RECIPES

Chicago Diner Burger

Red Pepper Aioli

Crabby Mini Cakes with
Remoulade Sauce

Roasted Garlic

Mediterranean Lentil Soup

Marilyn's Greek "ish" Stew

Pumpkin Gnocchi

Barley Lentil Lemon Soup

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Our Newest DVD—McDougall Made Irresistible—Our Biggest Hit Ever

Mary went all out to show you her favorite recipes—ones that are certain to please all family members and dinner guests. In order to do this she artistically introduced some higher-fat plant foods and simple sugars into the basic McDougall Diet to create healthy meals with a touch of elegance. John takes on some of medicine's greatest controversies in order to give you the opportunity to avoid unnecessary treatments and enjoy the excellent appearance and health you deserve. **PAGE 23**



Vitamin B12 Deficiency—the Meat-eaters' Last Stand

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for omnivores is the flesh of other animals, the obvious conclusion is that those who choose to avoid eating meat are destined to become B12 deficient. There is a grain of truth in this concern, but in reality an otherwise healthy strict vegetarian's risk of developing a disease from B12 deficiency by following a sensible diet is extremely rare—less than one chance in a million.

I knew forty years ago that vitamin B12 would become the last bastion for meat- and dairy-lovers (and the industries that profit from them), because this is the only criticism with any merit that could be lodged against the McDougall Diet. In order to avoid that condemnation and the small risk

If you follow the McDougall Diet for more than 3 years, or if you are pregnant or nursing, then take a minimum of 5 micrograms of supplemental vitamin B12 each day.

of harming anyone, I have recommended and printed in the beginning of my books and DVDs the following advice:

Avoid B12 Deficiency; Get Heart Disease and Cancer

Vitamin B12 is involved in the metabolism of all cells in the body; but the effects of deficiencies are first seen in the blood and then the nervous system. An anemia, called megaloblastic anemia, because it is characterized by large red blood cells, is a common manifestation of deficiency. The low red blood cell count is very well tolerated by the patient even when severe, and is always cured by the taking of small amounts of B12. Mild problems with the nervous system characterized by numbness and tingling in the hands and feet also develop. These sensations are reversible in early stages; however, damage to the nervous system can become much more severe and irreversible after prolonged deficiency.

Take a moment to compare the possible consequences of your dietary decisions. You could choose to eat lots of B12-rich animal foods and avoid the one-in-a-million chance of developing a reversible anemia and/or even less common, damage to your nervous system. However, this decision puts you at a one-in-two chance of dying prematurely from a heart attack or stroke; a one-in-seven chance of breast cancer or a one-in-six chance of prostate cancer. The same thinking results in obesity, diabetes, osteoporosis, constipation, indigestion, and arthritis. All these conditions caused by a B12-sufficient diet are found in the people you live and work with daily. How many vegans have you met with B12 deficiency anemia or nervous system damage? I bet not one! Furthermore, you have never even heard of such a problem unless you have read the attention-seeking headlines of newspapers or medical journals.

Sensationalism Surrounds B12-Deficient Vegetarians

Rare cases of B-12 deficiency suspected to be caused by following a vegetarian diet make media-selling banners, because "people love to hear good news about their bad habits." However, in depth research reveals that many of these "vegetarians" also suffer from generalized malnutrition—not just isolated B12 deficiency from a diet based on plant foods. For example, the March 23, 2000 issue of the *New England Journal of Medicine* published a letter (not a scientific article) with the provocative title, "Blindness in a Strict Vegan."¹ The letter described a 33-year old man who was found to have severe loss of vision (bilateral optic neuropathy). He had started a strict vegetarian diet at

age 20. Tests showed he suffered from deficiencies of vitamins A, C, D, E, B1, B12 and folic acid, as well as zinc and selenium. All combined, these deficiencies clearly indicate severe malnutrition. B12 injections corrected his anemia, but not his visual loss.

Do you see the disconnection between the case history and the headlines? Starches, vegetables, and fruits are very rich sources of folic acid and vitamin C (as well as A, E, B1, zinc and selenium). His malnourished condition most likely was caused by an intestinal disease and/or an unhealthy “vegetarian” diet.² The headlines published worldwide that followed this letter reassured meat- and dairy-lovers that becoming a vegetarian was an unwise decision. Examination of many reported cases of B12 deficiency connected to a vegetarian diet in both children and adults reveals similar confounding factors.¹⁻⁶ The patients may have subtle malabsorption and often come from conditions of poverty and/or live an eccentric lifestyle—their health problems are not simply due to avoiding animal foods. However, I do believe there are very rare patients with diseases due to lack of B12 from following a strict vegetarian diet for years—while others have disagreed with me and believe that all cases have confounding factors.⁷

Germes for Good Health

Although vitamin B12 is found in animal foods it is not synthesized by plants or animals. Only bacteria make biologically active vitamin B12—animal tissues store “bacteria-synthesized B12,” which can then be passed along the food chain by animals eating another animal’s tissues. Ruminants (like cows, goats, sheep, giraffes, llamas, buffalo, and deer) are unique in that bacteria in their rumens (stomachs) synthesize vitamin B12, which is then passed down and absorbed by their small intestines. Lions and tigers get their B12 from eating these grazers.

The human gut also contains B12-synthesizing bacteria, living from the mouth to the anus.⁸ The presence of these bacteria is an important reason that disease from vitamin B12 deficiency occurs very rarely in people, even those who have been strict vegetarians (vegans) all of their lives. The colon contains the greatest number of bacteria (4 trillion/cc of feces), and here most of our intestinal B12 is produced. However, because B12 is absorbed in the ileum, which lies upstream of the colon, this plentiful source of B12 is not immediately available for absorption—unless people eat feces (don’t gasp). Feces of cows, chickens, sheep and people contain large amounts of active B12. Until recently most people lived in close contact with their farm animals, and all people consumed B12 left as residues by bacteria living on their un-sanitized vegetable foods.

Why would a plant-food-based diet, heralded as a preventative and cure for our most common chronic diseases be deficient in any way? Such a diet appears to be the proper, intended, diet for humans, except for this one blemish. The reason for this apparent inconsistency is we now live in unnatural conditions—our surroundings have been sanitized by fanatical washing, powerful cleansers, antiseptics, and antibiotics. Since the germ theory of disease was developed by Louis Pasteur in 1877 our society has waged an all-out war on these tiny creatures—most of them extremely beneficial with only a very few acting as pathogens. The rare case of B12 deficiency may be one important consequence of too much cleanliness.

Efficiency Is the Other Reason Deficiency Is Rare

The human body has evolved with highly efficient and unique mechanisms to absorb, utilize, and conserve this vitamin. Our daily requirement is less than 3 micrograms a day—one microgram is one-millionth of a gram (1/1,000,000 gram).⁹ Which means, by design, people are expected to be exposed to only miniscule amounts of this essential nutrient.

Vitamin B12 is the only nutrient that requires a cofactor for efficient absorption. The cells of the stomach produce a substance, called intrinsic factor, which combines—after the acidic digestion of the food in the stomach—with the B12 released from food. This “intrinsic factor-B12 complex”

then travels to the end of the small intestine (the ileum) where it is actively absorbed.

There is a second, much less efficient process, called “the passive absorption of B12” which also occurs in the intestine. This mechanism does not use intrinsic factor and as a result it is 1/1000 as efficient. But by consuming very large doses of oral B12, passive absorption will correct B12 deficiency even for patients with diseases of the stomach and small intestine.

On average, for someone raised on the Western diet, about 2 to 5 milligrams of B12 are stored, mostly in the liver. This means most people have at least a three year reserve of this vital nutrient. Conservation of B12 by the body boosts the time this supply lasts by 10-fold. After excretion through the bile into the intestines most of the B12 is reabsorbed by the ileum for future use. As a result of this recirculation it actually takes, on average, 20 to 30 years to become deficient after becoming a strict vegan. That is if no vitamin B12 were consumed—which is impossible, even on a strict vegan diet, because of bacterial sources of B12 from the person’s bowel, contaminated vegetable foods, and the environment.

There is evidence that suggests that during pregnancy and nursing a mother is more dependent on B12 from her diet, because B12 stored in the woman’s body is less available for the baby.¹⁰ Therefore, during these important times, B12 supplementation should be used by a vegan mother.

Biochemical Changes Occur with Low B12

Blood levels of B12 can be measured directly in the blood and are a means to help diagnose deficiency. Values above 150 pg/ml (picograms per milliliter) are considered normal, and levels below 80 pg/ml represent unequivocal B12 deficiency.¹¹

Within the body, biochemical reactions require B12. A deficiency can cause an interruption of normal metabolism and result in the accumulation of substances like methylmalonic acid and the amino acid, homocysteine. Tests showing increases in these metabolic products are used to diagnose “early B12 deficiency”—before any actual disease occurs.

Elevated homocysteine has been associated with an increased risk of common Western diseases (heart attacks, strokes, etc.). However, this amino acid itself does not cause disease—it serves as a marker for identifying people who consume large amounts of animal foods. Eating meat, poultry, fish, and cheese raises levels of homocysteine—as well as these same foods making people fat and sick. Efforts to lower homocysteine with supplements of folic acid and/or B12 have produced no reduction in heart disease or stroke¹²—and in fact the use of folic acid supplements increases the risk of cancer, heart disease, and overall death.¹³

The long-term consequences of B-12 supplementation are unknown; so far this vitamin appears to be non-toxic and beneficial. As a result, I currently have no hesitation recommending supplements to strict vegetarians in order to prevent the rare chance of a deficiency occurring.

Intestinal Diseases, Not Dietary Deficiency, Cause Most B12 Problems

Almost all cases of vitamin B12 deficiency seen in patients today and in the past are due to diseases of the intestine, and are not due to a lack of B12 in their diet. Damage to the stomach (parietal cells) usually from an autoimmune disease or surgery halts the production of intrinsic factor. Damage to the ileum, preventing reabsorption and interrupting recirculation, causes the loss of B12. Over a period of 3 to 6 years the body’s stores of vitamin B12 are depleted. The disease that results is called pernicious anemia. (The word pernicious refers to a tendency to cause death or serious injury.) Prior to the development of a treatment with liver extracts in 1926 this condition was fatal.¹⁴⁻¹⁵

Sources of Vitamin B12

As little as 0.3 to 0.65 micrograms per day of vitamin B12 has cured people of megaloblastic anemia;⁹ however, to add an extra margin of safety I have recommended a higher dosage of 5 mi-

The History of B12 Deficiency from Pernicious Anemia (PA)¹⁴⁻¹⁵

1824—A fatal form of anemia associated with stomach degeneration was first described by J.S. Combe of Edinburgh.

1860—Austin Flint recognized the nutritional basis of this anemia and the degeneration of the stomach in this disease.

1872—Biermer, in Switzerland, coined the concept of pernicious anemia (PA) based on the inevitably fatal outcome of this disorder.

1880's—Ehrlich added that patients with this anemia had giant peripheral blood cells, so called megaloblasts.

1887—Lichtheim describes an association of PA and spinal cord lesions.

1921—Levine and Ladd reported that no stomach acid was found in patients with PA.

1925—William Castle fed cooked ground beef to healthy young men and one hour later, removed the gastric juice which contained partly digested beef, and placed it in the stomach of patients with pernicious anemia. As a control, he gave ground beef without gastric juice to another group of patients. The experimental group responded with the production of new blood cells, but the control group did not. He postulated that some unknown, but essential, interaction between beef muscle as an extrinsic factor and normal human gastric juice as an intrinsic factor was required.

1926—Two American physicians, Minot and Murphy, described a raw liver diet (liver therapy) that cured PA in the *Journal of the American Medical Association*. They received the Nobel Prize in Physiology and Medicine in 1934 for their work.

1941—Folic acid received its name following its isolation from spinach (from the Latin 'folium' meaning leaf). Folic acid deficiency causes megaloblastic anemia, but not nervous system damage.

1945—Folic acid was synthesized and found to be effective in treating all types of megaloblastic anemia, but especially those that proved refractory to liver preparations such as the megaloblastic anemia of sprue, celiac disease, pregnancy and malnutrition.

1948—Two independent teams in the United States and England isolated the mysterious extrinsic factor, vitamin B12, in crystalline form.

1955—Dorothy Crowfoot Hodgkin, a British chemist, elucidated the unique and complex chemical structure of this large molecule, in its cyanocobalamin form, using X-Ray crystallography. She was awarded the Nobel Prize for Chemistry in 1964.

crograms per day. You may be surprised to discover that you cannot purchase these tiny dosages. Supplements sold contain 500 to 5000 micrograms per pill. These exaggerated concentrations will correct by passive absorption B12 deficiency caused by disease of the intestine.¹⁶⁻¹⁷

Everyone else is being overdosed by a factor of 1000. If you are an otherwise healthy vegan and are using typical dosages of B12 (500 micrograms or more per pill), a weekly dose of this vitamin will be more than sufficient.

You will often find B12 sold under its proper name. Because vitamin B12 contains one molecule of the

mineral cobalt, the scientific name is Cobalamin. As a food additive and a supplement pill, vitamin B12 is usually found in the form cyanocobalamin. The effectiveness of this "cyanide complex" for treating neurologic problems has been questioned; therefore, other forms, such as methylcobalamin and hydroxycobalamin may be better choices for the prevention and treatment of B12-related conditions.¹⁸

Choosing a bioactive form of B12 is important. There are many B12-like substances called analogues found in food supplements, such as spirulina and other algae—these are ineffective and should not be relied upon.¹⁹ Foods fermented by bacteria, such as tempeh, and miso; as well as sea vegetables (nori), have been recommended as sources of B12. Miso and tempeh do not contain B12.²⁰ Nori—the dried green and purple lavers commonly used to make sushi—has been tested and found to have substantial amounts of active vitamin B12 and has been recommended a "most excellent source of vitamin B12 among edible seaweeds, especially for strict vegetarians."^{20,21} (Nori obtains its B12 from symbiotic bacteria that live on it.²²) However, there is still some uncertainty about nori as a reliable B12 source; therefore, I suggest if you do choose this seaweed that you should monitor your B12 levels by blood tests now, and if adequate, every 3 years.

In order to minimize your risk of any health problems, I recommend you and your family follow a diet based on starches, vegetables, and fruits. To avoid the extremely rare chance of becoming a national headline, add a reliable B12 supplement. By making this addition to a healthy diet you can't go wrong, nor will you suffer from any justifiable criticism of your McDougall Diet delivered by well-meaning family and friends.

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One-pot Meal Favorites

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less meal.

Quick Mexican Chili

This is a fast and easy meal, delicious served with corn tortillas, over rice, or scooped on top of baked potatoes. The variations suggested in the hints can make this recipe seem completely different each time you serve it.

Preparation Time: 5 minutes

Cooking Time: 25 minutes

Servings: 4

1 onion, chopped
¼ cup water
2 14.5 ounce cans chopped tomatoes
1 15 ounce can kidney beans, drained and rinsed
1 15 ounce can pinto beans, drained and rinsed
½ cup salsa (mild, medium or hot)
2 teaspoons oregano
¼ teaspoon chipotle powder
¼ cup chopped fresh cilantro
½ cup chopped avocado (optional)
¼ cup chopped onions (optional)
½ cup tofu sour cream (optional)

Place the onion and water in a medium pot. Cook and stir over medium heat until onion has softened, about 5 minutes. Add tomatoes, beans, salsa, oregano & chipotle powder. Bring to a boil, reduce heat, cover and cook for another 20 minutes. Serve topped with fresh cilantro and optional avocado, onions, and/or tofu sour cream.

Hints: Black beans may be substituted for either of the beans suggested, or use black beans along with the other beans. Use fire-roasted tomatoes or chopped tomatoes with green chilies for a bit more flavor. Try this with green salsa instead of red salsa. Add more chipotle powder for a bit more heat. This recipe is very easy to add to in order to make a larger batch. Add a few extra cans of beans and a can of fire-roasted crushed tomatoes, a bit more of the salsa and seasonings and you'll have enough for 6-8 servings or some extra to put in the freezer.

Ventana Lentil Stew

Preparation Time: 10 minutes

Cooking Time: 1 hour 15 minutes

Servings: 6-8

6 ¼ cups water
1 onion, chopped
2 cloves garlic, minced
1 to 2 jalapeno peppers, seeded and chopped
2 cups brown or green lentils
2 cups chunked fingerling potatoes
¼ to ½ teaspoon chipotle chili powder
2 cups baby spinach leaves

Place ¼ cup of the water in a large pot. Add the onion, garlic and jalapenos. Cook, stirring occasionally, until onion softens slightly, about 4-5 minutes. Add remaining water, the lentils, potatoes and chipotle powder. Mix well, cover and bring to a boil. Reduce heat and simmer for about 1 hour until lentils are soft. Add spinach, mix in well and cook for an additional 5 minutes until spinach is soft.

Serve in a bowl, or over whole wheat bread or rolls, on top of baked potatoes or as a topping for brown rice.

Hints: This is a very thick stew, to change this into a more soup-like consistency, add about ½ cup more water. This can be as spicy as you like it by adjusting the chipotle chili powder. We also like to top this with some hot sauce before eating it.

Tunisian Yam Stew

Preparation Time: 20 minutes

Cooking Time: 40 minutes

Servings: 6-8

1/3 cup water
1 onion, chopped
2 jalapenos, seeded and finely chopped
2 teaspoons minced fresh ginger
1 teaspoon minced fresh garlic
2 teaspoons ground cumin
½ teaspoon ground cinnamon
¼ teaspoon crushed red pepper
¼ teaspoon ground coriander
5 cups peeled and chopped Garnet Yams
2 14.5 ounce cans chopped tomatoes
2 14.5 ounce cans garbanzo beans, drained and rinsed
1 cup green beans, cut in 1 inch pieces
1 ½ cups vegetable broth
¼ cup natural peanut butter
¼ cup chopped cilantro

Place the water, onion, jalapenos, ginger and garlic in a large pot. Cook, stirring occasionally for 5 minutes. Add cumin, cinnamon, red pepper and coriander. Cook and stir for 1 minute. Add yams, tomatoes, garbanzo beans, green beans, vegetable broth and peanut butter. Bring to a boil, reduce heat and simmer for 30 minutes, or until potatoes are tender. Stir in cilantro and let rest for 2 minutes. Serve over rice or other whole grains.

Hints: To make this with chard instead of green beans, add the chard about 10 minutes before the end of the cooking time. Use 2 cups of chopped chard instead of the green beans.

White Bean Chili

By Carol Van Elderen

Carol is my sister and this is one of her family's favorite healthy recipes. This is a fast and easy meal and it makes enough for leftovers for lunch later in the week. The addition of cinnamon adds something special to this dish.

Preparation Time: 15 minutes

Cooking Time: 25 minutes

Servings: 6

1 onion, chopped
3 cloves garlic, minced
½ cup water
2 4 ounce cans chopped green chilies
1 tablespoon ground cumin
1 tablespoon dried oregano
2-3 teaspoons ground cinnamon
1 teaspoon chili powder
1 teaspoon cayenne
5 cups vegetable broth
6 15 ounce cans Great Northern beans, drained and rinsed
1 ½ cups seitan or baked tofu, cut into bite-sized pieces (optional)

Garnishes: (optional) Salsa, Tofu sour cream, cilantro, shredded soy cheese, crushed baked tortilla chips

Place the onions and garlic in a large pot with the water. Cook, stirring occasionally until onion softens slightly. Add the chilies and the seasonings and cook and stir for another minute. Then add the broth and the beans. Bring to a boil, reduce heat and simmer for about 15 minutes, stirring occasionally. Add the seitan or tofu, if desired. Stir and cook for another 5 minutes. Serve with any of the optional garnishes.

Hints: We usually serve this over rice for a very satisfying meal. The seitan or tofu are optional. The chili tastes great without those additions! This freezes well and reheats well. If you prefer to cook your own beans for this recipe, you will need about 9 cups of cooked beans.

Hearty Dal Soup

This is a variation of the Festive Dal Soup from a previous newsletter. This creative addition was suggested by Tiffany Hobson, executive assistant to the McDougall's, who thought the soup would be a bit more filling by adding some potatoes and chard. This is now my favorite version of this soup.

Preparation Time: 10 minutes

Cooking Time: 60 minutes

Servings: 4

3 ¾ cups water
1 onion, chopped
2 cloves garlic, crushed
1 ½ teaspoons grated fresh ginger
1 teaspoon smoked paprika
¼ teaspoon ground cumin
freshly ground black pepper
1 cup red lentils
1 15 ounce can garbanzos, drained and rinsed
1 14.5 ounce can diced tomatoes
2 cups chunked Yukon Gold potatoes
1 tablespoon lemon juice
1-2 teaspoons chili paste (Sambal Oelek)

2 cups fresh chopped chard (or spinach)

Place ¼ cup of the water in a large soup pot. Add the onion and garlic. Cook, stirring occasionally for 3-4 minutes, until softened. Add the ginger, paprika, cumin and several twists of freshly ground pepper. Mix in well, then add the remaining water, the lentils, garbanzos, tomatoes and potatoes. Bring to a boil, reduce heat, cover and simmer for 50 minutes, until lentils are tender. Add lemon juice, chili paste (start with 1 teaspoon and add more to taste) and chard. Cook for an additional 5-7 minutes, until chard is tender. Season with a bit of sea salt, if desired.

Split Pea Vegetable Soup

This is a thick soup filled with chunky vegetables and it is very comforting on a cool, rainy day. Serve by itself in a bowl, or ladle over brown rice for a satisfying meal.

Preparation Time: 15 minutes

Cooking time: 1 hour 10 minutes

Servings: 6-8

2 cups dried split peas
8 cups water
1 large onion, chopped
3 stalks celery, chopped
2 carrots, chopped
2 cups chopped fingerling potatoes
2 cloves garlic, minced
2 tablespoons parsley flakes
2 bay leaves
1 teaspoon dry mustard
½ teaspoon smoked paprika
freshly ground white pepper
1 large tomato, chopped
½ cup chopped fresh cilantro or parsley

Place the peas and water in a large soup pot. Bring to a boil, reduce heat and simmer uncovered for 20 minutes. Add the remaining ingredients, except the tomato and fresh cilantro or parsley. Mix well, bring to a boil again, reduce heat, cover and simmer for about 45 minutes, until all vegetables are tender. Add the tomato and fresh cilantro or parsley. Season with a bit of sea salt, if desired. Mix well and let rest for 5 minutes before serving.

Quinoa Chowder

We really enjoy soups during the winter months. This is a hearty, yet simple soup, filled with delicious healthy ingredients.

Preparation Time: 15 minutes

Cooking Time: 40 minutes

Servings: 6-8

½ cup quinoa, rinsed well
4 cups vegetable broth
2 cups water
2-4 cloves garlic, minced
1 large onion, chopped
2 ½ cups fingerling potatoes, cut into bite sized pieces
2 jalapeno peppers, seeded and minced
¼ to ½ teaspoon chili paste (Sambal Oelek)
2 cups frozen corn kernels
3-4 cups sliced fresh spinach
freshly ground pepper to taste

Place the first 8 ingredients in a large soup pot. Bring to a boil, reduce heat, cover and cook for 20 minutes. Add the corn, mix well and cook an additional 15 minutes. Stir in the spinach 5 minutes before the soup is done. Add some pepper to taste, if desired.

Hints: To spice this up a bit more, let each person add some hot sauce to taste before eating. If you can't find fingerling potatoes, use Yukon Gold or red potatoes and chop them into bite sized chunks.

Minestrone Soup

This is one of our favorite vegetable soups. It makes a wonderful meal with a loaf of fresh bread. It also reheats well and we like to have it for several lunches during the week.

Preparation Time: 30 minutes

Cooking Time: 3 hours

Servings: 8

1 ¼ cup red kidney beans
8 cups water
1 onion, chopped
1 teaspoon minced garlic
1 stalk celery, sliced
1 carrot, sliced
6-8 fingerling potatoes, chunked
1 ½ cups fresh green beans, cut into 1½ inch pieces
1 cup tomato sauce
¼ cup parsley flakes
1 ½ teaspoon basil
1 ½ teaspoons oregano
½ teaspoon marjoram
¼ teaspoon celery seed
¼ teaspoon ground black pepper
1 15 ounce can garbanzo beans, drained and rinsed
1 15 ounce can chopped tomatoes
1 zucchini, chopped
1 ½ cups shredded cabbage

½ cup uncooked whole wheat elbows

Place the beans in a large pot with water to cover. Bring to a boil, cook for 2 minutes, turn off heat and let rest for 1 hour. (To eliminate this step, soak beans overnight.) Drain off water. Add onion, garlic and 8 cups of fresh water. Bring to a boil, reduce heat, cover and cook for 1 hour. Add celery, carrot, potatoes, green beans, tomato sauce and all the seasonings. Return to a boil, reduce heat and cook for 45 minutes. Add the garbanzo beans, canned tomatoes and zucchini. Cook for another 30 minutes. Then add the cabbage and pasta and cook for an additional 30 minutes.

Hints: Use any type of uncooked pasta in place of the whole wheat elbows. We also like spaghetti broken into 2 inch pieces in this soup.

Sloppy Lentil Joes

This is a quick and easy meal that also reheats well for lunch the next day or two. Serve this stuffed into a bun and eat with your hands, or ladle it over the buns open-face style and eat with a fork.

Preparation Time: 15 minutes

Cooking Time: 1 hour

Servings: 8-10

3 1/3 cups water
1 onion, chopped
1 green bell pepper, chopped
1 tablespoon chili powder
1 ½ cups dried brown lentils
1 15 ounce can crushed tomatoes
2 tablespoons soy sauce
2 tablespoons prepared mustard
2 tablespoons brown sugar
1 teaspoon rice vinegar
1 teaspoon vegetarian Worcestershire sauce
freshly ground black pepper

Place 1/3 cup of the water in a large pot. Add the onions and bell pepper and cook, stirring occasionally until onions soften slightly, about 5 minutes. Add the chili powder and mix in well. Add the remaining water, the lentils, tomatoes, and the rest of the seasonings. Mix well, bring to a boil, reduce heat, cover and cook over low heat for 55 minutes, stirring occasionally. Serve on whole wheat buns with trimmings of your choice.

Baja Vegetable Wraps

This keeps well in the refrigerator and reheats well, so it makes a fast meal for lunch later in the week.

Preparation Time: 20 minutes

Cooking Time: 20 minutes

Servings: 6-8

- 1 onion, chopped
- 1 green bell pepper, chopped
- 1 carrot, cut in half lengthwise, then sliced
- ½ teaspoon minced garlic
- ½ cup vegetable broth
- 1 bunch green onions, cut into 1 inch pieces
- 1 ½ cups sliced Napa cabbage
- 1 tablespoon soy sauce
- 1 teaspoon chili powder
- 1 teaspoon leaf oregano
- 2 cups chopped fresh tomatoes
- 2 cups chopped fresh spinach (packed)
- 2 15 ounce cans black beans, drained and rinsed
- ½ cup salsa
- 1-2 tablespoons chopped fresh cilantro
- Tabasco or other hot sauce to taste

Place the onion, bell pepper, carrot, and garlic in a large pot with the vegetable broth. Cook, stirring occasionally, for about 4-5 minutes. Add green onions, Napa cabbage, soy sauce, chili powder and oregano. Continue to cook, stirring occasionally, for about 10 more minutes. Add the tomatoes, spinach, beans and salsa. Cook an additional 5 minutes. Remove from heat, stir in the cilantro and hot sauce to taste. Roll up in a warm tortilla and eat.

Hints: This may also be served over baked potatoes or whole grains.

Red Lentil Surprise

This is one of our favorite fast meals. I like it because it is easy to prepare and I don't have to attend it constantly while it is cooking.

Preparation Time: 10 minutes

Cooking Time: 40 minutes

Servings: 8

- ½ cup water
- 1 onion, chopped
- 1 bell pepper, chopped
- ½ teaspoon fresh minced garlic (or bottled minced garlic)
- 1 32-ounce box vegetable broth
- 1 15-ounce can tomato sauce
- 2 cups red lentils OR French green lentils
- 1 carrot, grated
- 2 tablespoons soy sauce
- 2 tablespoons parsley flakes
- 1 bay leaf
- ½ teaspoon basil
- ¼ teaspoon smoked paprika
- 1 7-ounce package baked tofu, sliced

Place the water in a large saucepan. Add the onion, bell pepper and garlic. Cook, stirring occasionally for 5 minutes, until vegetables soften slightly. Add remaining ingredients, except for the tofu. Bring to a boil. Reduce heat and simmer uncovered for 30 minutes, stirring occasionally. Add tofu, stir gently and heat for about 2-3 minutes. Serve over whole grain toast or rolls.

Hints: This may also be made without the tofu and it is still delicious. We like this with some fresh chopped spinach added at the end of the cooking time, either with or without the tofu. This is also delicious served over rice or potatoes. It reheats well so it is great as a leftover!

Slow Chipotle Black Bean Soup

This wonderful soup is so easy to make in a slow cooker. Put all the ingredients in the pot in the morning and by the end of the day you have a delicious, spicy soup to serve your family. This may also be made in a pot on the stove-top. It will take about 3 hours over medium-low heat.

Preparation Time: 10 minutes

Cooking Time: 8 hours

Servings: 8-10

2 cups dried black beans
6 cups water
2 16 ounce cans fire-roasted chopped tomatoes
1 4 ounce can chopped green chilies
1 onion, chopped
2 cloves garlic, minced
1 teaspoon chili powder
1 teaspoon ground cumin
¼ teaspoon crushed red pepper
⅛ teaspoon chipotle powder
¼ cup chopped fresh cilantro

Combine all the ingredients, except the cilantro, in a slow cooker. Cover and cook on high for 8 hours. Stir in the cilantro just before serving.

Chili with Yams

I have been using a lot of red lentils lately because they cook quickly and thicken soups and stews very nicely. I am also very fond of yams and they go together very well in this dish. This is delicious served with fresh, warm corn tortillas or pita bread.

Preparation Time: 20 minutes

Cooking time: 55 minutes

Servings: 6-8

1 large onion, chopped
3 stalks celery, chopped
1 teaspoon minced garlic
2 ¾ cups water
3 teaspoons chili powder
1 ½ teaspoons smoked paprika

- ½ teaspoon ground cumin
- 1 teaspoon ground cinnamon
- ½ teaspoon crushed red pepper
- 4 cups peeled and chopped yams
- 1 cup red lentils
- 2 15 ounce cans diced tomatoes
- 1 15 ounce can black beans, drained and rinsed
- 2 tablespoon peanut butter (optional)
- 2 tablespoons lime juice (optional)

Place ¼ cup of the water in a large soup pot. Add onion, celery and garlic. Cook, stirring occasionally until softened, about 5 minutes. Stir in the chili powder, paprika, cumin, cinnamon and crushed pepper. Mix well, then add the remaining water, yams, lentils, tomatoes, and beans. Stir to combine, bring to a boil, reduce heat, cover and cook for 50 minutes, stirring occasionally. Stir in the peanut butter, one tablespoon at a time, if using. Season with lime juice and a bit of sea salt, if desired.

Saffron-Spiked Moroccan Stew

By Colleen Patrick-Goudreau, McDougall program cooking instructor

Exotic saffron combines with coriander, cinnamon, and cumin this visually appealing dish. This delightfully aromatic dish is sure to become a staple in your home.

Preparation Time: 20 minutes

Cooking Time: 40 minutes

Servings: 6-8

- 3 tablespoons vegetable stock or water for sautéing
- 1 large onion, finely chopped
- 2 large red bell peppers, seeded and chopped
- 1-2 large garlic cloves, minced
- 2 teaspoons light brown sugar
- 1 teaspoon ground coriander
- ½ teaspoon ground cinnamon
- ½ teaspoon ground cumin
- ¼ teaspoon ground cayenne
- 1 teaspoon peeled and grated fresh ginger
- 2 medium-size sweet potatoes, peeled and cut into ½-inch cubes
- 1 14.5-ounce can diced tomatoes, undrained
- 1-1/2 cups water or vegetable stock
- 1/2 teaspoon saffron threads
- 2 cups cooked, drained chickpeas or 1 can (about 15-oz.) chickpeas, drained
- Salt & pepper to taste

Heat the 3 tablespoons of water or stock in a large saucepan over medium heat. Add the onion and cook until softened, about 5 minutes. Add the bell pepper and garlic, cover, and cook until softened, about 5 minutes.

Stir in the brown sugar, ginger, cumin, cinnamon, and cayenne and cook, stirring, for 30 seconds. Add the sweet potatoes and stir to coat. Stir in the tomatoes, stock, and salt to taste. Bring to a boil, then reduce the heat to low and simmer until the vegetables are soft, about 30 minutes.

About 5 minutes before the end of the cooking time, stir in the chickpeas. Taste and adjust the seasonings. Serve on its own or over couscous, quinoa, or another grain.

Black Bean Chili

I have been making vegetarian chili for many years. I usually start with dried beans and cook the chili for several hours to make a hearty, rich sauce. However, sometimes I look for a delicious meal that doesn't take hours to cook. This is a chili that has been a winner with everyone that tries it. The avocado topping and tofu sour cream are optional, as are the chips. Sometimes I serve this over brown rice, that cooks while the chili is simmering. This makes a hearty meal for four people, with no leftovers. It also reheats well, so saving some for the next day's lunch is an option.

Preparation Time: 20 minutes

Cooking Time: 30 minutes

Servings: 4

2 ½ cups vegetable broth
1 medium onion, chopped
1 red or green bell pepper, chopped
3 cloves garlic, minced
1 4-ounce can chopped green chilies
1 tablespoon chili powder
1 teaspoon ground cumin
1 teaspoon oregano
2 15-ounce cans black beans, drained and rinsed
1 15-ounce can chopped tomatoes
1/3 cup quick cooking barley
3 tablespoons chopped fresh cilantro
dash salt

Options: baked tortilla chips

Tofu sour cream

Avocado Salsa

Place ½ cup of the vegetable broth in a large pot. Add onions, bell pepper and garlic. Cook and stir frequently for 3 minutes. Add green chilies, chili powder, cumin, and oregano. Cook and stir for 2 minutes. Add remaining broth, beans, tomatoes, and barley. Bring to a boil, reduce heat, cover, and cook for 15 minutes. Uncover and cook for an additional 15 minutes. Stir in cilantro and salt to taste. Serve over brown rice, if desired, or ladle into a bowl. Add optional toppings as desired.

Hints: If you can't find quick-cooking barley (usually in the cereal section) use ¼ cup rinsed quinoa instead. Use some baked tortilla chips on the side of the chili or crumble over the top. Use a tablespoon or two of tofu sour cream on the top and/or about ¼ cup of the avocado salsa.

Avocado Salsa

2 medium avocados, peeled and diced

1 large, firm, ripe tomato, chopped
2 tablespoons finely chopped red onion
2 tablespoons finely chopped, seeded, jalapeno pepper
2 tablespoons finely chopped fresh cilantro
2 tablespoons fresh lime juice
dash salt

Combine all ingredients and toss gently to mix.



Featured Recipes

Chicago Diner Burger

Vegetarian burgers made without soy, tofu or beans are hard to find, so when I found this recipe online I had to try it immediately. The recipe also included a very high fat dressing (Red Pepper Aioli) to serve over the burger, which I modified into a much lower fat version. The sauce makes the burger very special so give it a try! These were a hit with all of my family members, although some of them preferred the burger with more traditional burger toppings.

Preparation Time: 30 minutes

Chilling Time: 1 hour

Cooking Time: 45 minutes

Servings: makes 14-15 burgers

4 cups water
1 onion, finely chopped
3 stalks celery, finely chopped
¼ cup soy sauce
2 teaspoons onion powder
2 teaspoons garlic powder
½ teaspoon freshly ground black pepper
3 cups rolled oats (not quick cooking)
12 ounce mushrooms, finely chopped
½ cup white whole wheat flour

Place the water in a large pot with the onion, celery, soy sauce, onion powder and garlic powder. Bring to a boil, reduce heat and simmer for 5 minutes. Stir in oats, mushrooms and flour and cook 5 minutes longer. Transfer to a bowl and chill for at least 1 hour, preferably longer.

Preheat oven to 350 degrees. *Lightly oil* baking sheets (see hints below). Shape mixture into burger sized patties and place on baking sheets. Bake for 15 minutes. Remove from oven and let rest for 5 minutes (see hints below). Carefully flip over and bake 10 more minutes.

Before serving:

Place baked patties on a non-stick griddle and grill for about 7 minutes on each side, until browned. Serve on buns with Red Pepper Aioli (recipe follows).

Hints: There are quite fragile until after they are baked, so use extra care when flipping them for the first time. I found it worked best if I let them rest out of the oven for at least 5 minutes before trying to loosen them from the pans. I used non-stick baking sheets, but I still had to lightly oil them before using. To lightly oil my pans, I use a very small amount of cold pressed vegetable oil on a paper towel, and then rub that over the pan. Silicone baking pads that fit into the bottom of your baking pans also work well for this recipe.

Red Pepper Aioli

Use this as a topping for the Chicago Diner Burgers, as a dip for raw veggies, or as a spread for crackers or bread.

Preparation Time: 10 minutes

Chilling Time: 1 hour or longer

Servings: makes 2 cups

1 12.3 ounce package soft silken tofu
2 tablespoons lemon juice
1 tablespoon cider vinegar
dash salt
½ cup jarred roasted red peppers

Place the tofu in a food processor and process until fairly smooth. Add remaining ingredients and process until very smooth (this may take several minutes). Refrigerate at least 1 hour for flavors to blend.

Crabby Mini Cakes with Remoulade Sauce

These are very light and delicate cakes, somewhat reminiscent of crab cakes, but without the "fishy" taste. They are a bit labor intensive, but do keep well in the refrigerator and reheat well also. They would make a wonderful appetizer for a holiday party.

Preparation Time: 60 minutes

Cooking Time: 45 minutes

Servings: makes 18 medium cakes

1 pound firm water-packed tofu, drained well
1 cup grated carrots
1 cup finely chopped celery
½ cup finely chopped onion
1/3 cup finely chopped red pepper
1/3 cup finely chopped green pepper
¾ cup dried tortilla crumbs (see hints below)
½ cup tofu mayonnaise (see hints below)
⅛ cup Dijon mustard
2 tablespoons dill weed
2 tablespoons Cajun seasoning (see hints below)
1 tablespoon basil
1 teaspoon white pepper
¼ teaspoon salt
1 cup panko bread crumbs

Place the tofu in a large bowl and mash with a bean/potato masher. Add the carrots, celery, onion, peppers and tortilla crumbs. Mix well, then stir in the remaining ingredients EXCEPT the panko bread crumbs. Mix until very well combined. Pour the bread crumbs on a large plate. Take a small amount of the tofu mixture and flatten it into about a 2 inch circle in the palm of your hand. Gently dredge each side into the bread crumbs. (Lay the cake on the crumbs, gently lift off and repeat on other side.) Place on a non-stick baking sheet. Repeat until all cakes are on baking sheets. Refrigerate for 30 minutes.

Preheat oven to 350 degrees.

Bake cakes for 20 minutes on the first side, flip over gently and bake an additional 10 minutes. Cakes will still be quite fragile, so be careful when flipping over. Heat a non-stick griddle for about 1 minute, then carefully place a few of the cakes onto the griddle and grill until golden on each side, about 1-2 minutes. Remove to serving platter and keep warm. Repeat until all are grilled. Serve with Remoulade Sauce spooned over the top of the cakes.

Remoulade Sauce

By Carol Van Elderen

Makes ½ cup

¼ cup chopped red pepper
⅛ cup chopped green onions
⅛ cup Dijon mustard
⅛ cup tofu mayonnaise
1 tablespoon chopped shallots
1 tablespoon chopped fresh parsley
1 tablespoon honey or agave nectar
1 tablespoon prepared horseradish (see hints below)

½ tablespoon lemon juice
dash salt
freshly ground pepper to taste
dash Tabasco sauce

Place all ingredients in a food processor and process until finely chopped and quite saucy.

Hints: These cakes are based on a recipe from Sluggo's in Pensacola, FL. They fry their version in oil, but these are much tastier and delicate. We think the Remoulade Sauce really makes them special, but they could also be served with a cocktail type sauce, if desired. They are quite delicate and fragile to work with, and the first time you flip them over be very careful so they don't break apart. Mine turned out perfectly flat and browned nicely, but they were a bit hard to work with. The resulting cakes are worth the extra effort though.

Tortilla Crumbs are sold in 12 ounce cans and are made from milled corn and lime. If you can't find them, process corn tortillas in a food processor until finely ground. Japanese panko bread crumbs are sold in jars in many natural food stores and some Asian markets. Be sure to read the label carefully so you don't get added oil or dairy. Tofu Mayonnaise is made with a package of soft silken tofu, 1 ½ tablespoons lemon juice, 1 teaspoon sugar, ½ teaspoon salt, ½ teaspoon dry mustard, ⅛ teaspoon white pepper. Place all ingredients in a food processor and process until smooth. Cajun seasoning can be found in the spice section of most supermarkets, or it may be ordered from Penzey's. Prepared horseradish is sold in jars in most supermarkets. Be sure to get the kind without oil or cream added.

Roasted Garlic

This is a wonderful way to add flavor to mashed potatoes, soups, stews, and salad dressings, and it is also fantastic spread on bread or crackers! Make a lot of it at one time because it keeps well in the refrigerator and then you will have it when you need it.

Preparation Time: 5 minutes
Cooking time: 1 hour 15 minutes
Servings: variable

Fresh garlic heads
Vegetable broth

Preheat oven to 400 degrees.

Slice the tops off each whole garlic head, do not separate or peel. Place the heads in a baking dish with a small amount of vegetable broth in the bottom of the pan. (Use about 1 tablespoon per head of garlic.) Cover the pan with parchment paper and foil, bake at 400 degrees for 1 hour and 15 minutes. Cool. Invert each head of garlic over a bowl and squeeze to remove roasted garlic. Mash and mix well. Season with a bit of sea salt, if desired. Store in a covered container in the refrigerator.

McVeggie Burgers Note

Lately I have been making the McVeggie Burgers with 3 pounds of firm water-packed tofu and no silken tofu. We like the consistency even better and the burgers hold together very nicely. Try this for yourself and see what you think.

Mediterranean Lentil Soup

By Mary Duffield

Mary sent me this recipe several months ago and recommended that I try it. We finally did, using fresh chard from our garden, and loved it. This is a great time of year for soups, and one pot meals are always a favorite around here!

Preparation Time: 15 minutes
Cooking Time: 50 minutes
Servings: 6-8

1 onion, chopped
1 stalk celery, thinly sliced
2 small carrots, thinly sliced
2-3 cloves garlic, minced

1 1/2 cups French green lentils, rinsed
8 cups vegetable broth
1 bay leaf
1/2 teaspoon oregano
1/2 teaspoon basil
1/4 teaspoon red pepper flakes
dash salt
1/2 teaspoon freshly ground black pepper
1 14 ounce can fire-roasted diced tomatoes
2 cup chopped Yukon Gold potatoes
1 tablespoon fresh lemon juice
2 packed cups fresh spinach or chard, cut into ribbons

Saute the onions, celery, carrots and garlic in about 1/3 cup vegetable broth in a large soup pot, stirring frequently for about 5 minutes. Add the lentils and rest of vegetable broth. Bring to a boil, reduce heat to low, cover and simmer until the lentils soften, about 20 minutes. Add the bay leaf, oregano, basil, pepper flakes, salt, pepper, tomatoes and potatoes. Mix well and simmer until the potatoes are tender, about 20 minutes longer.

Just before serving, remove and discard the bay leaf. Add the lemon juice and spinach or chard to the soup and let simmer gently just until the spinach wilts, about 2 minutes, or chard softens, about 5 minutes. Serve hot with a nice loaf of bread.

Marilyn's Greek "ish" Stew

By Marilyn Mathews

Marilyn sent me this recipe that she had modified from her all time favorite company recipe. You know, the one you always make the first time someone special comes to dinner and you want to impress. She used to make it with beef and now makes it with beans. She says she always doubles the recipe and prepares it one day ahead (two is even better). This is delicious and rich tasting served in a bowl or over rice.

Preparation Time: 20 minutes

Cooking Time: 1 hour 10 minutes

Servings: 4

1 large onion, thickly sliced
1 clove garlic, minced
2 cups vegetable broth
2 cups red wine or alcohol free wine
1/4 cup red wine vinegar
1 6 ounce can tomato paste
1 teaspoon allspice
1 1/2 teaspoons ground cumin
3 tablespoons brown sugar
1 bay leaf
1 package frozen pearl onions
2 carrots, sliced
1/2 pound cremini mushrooms, sliced
2 16 ounce cans kidney beans, drained & rinsed
1 1/2 tablespoons cornstarch, dissolved in 1/4 cup water

In a large pot, saute sliced onions and garlic in a little water until onion begins to soften and brown a little.

Add the rest of the ingredients EXCEPT cornstarch mixture, mix well and simmer for 1 hour, stirring occasionally. Stir in the cornstarch mixture and cook and stir until stew thickens.

Pumpkin Gnocchi

By Jason Wyrick

Jason Wyrick is the executive chef for The Vegan Culinary Experience (www.veganculinaryexperience.com). He wrote me about these recipes this week. " I thought I'd let you know that I'm doing some McDougall style Thanksgiving recipes (*Chai Spiced Sweet Potatoes, Barley Lentil Lemon Soup, Pumpkin Gnocchi, Baked Fennel and Onions, Sweet Apples in Phyllo Dough, Roasted Garlic Tortes*) on The Vegan Culinary Experience this

week. You're welcome to use them if you want. My two favorites were the Barley Lentil Lemon Soup and the Pumpkin Gnocchi. They were so good, I had to make them again the next day."

Preparation Time: 15 minutes + 12 hours for the cashews to soak

Cooking Time: 15 minutes

Servings: 6

¼ cup raw cashews
¼ cup water
¼ cup fresh basil
¼ teaspoon fresh pepper
4 cups gnocchi
1 ½ cups pureed pumpkin
1 ½ cups almond milk
½ teaspoon nutmeg
¼ teaspoon salt

Soak the cashews in water for at least 12 hours. Drain and blend them together with the ¼ cup of water, basil, and pepper. This should have the consistency of a thick cream, meaning it should slowly drip off the spoon.

Drop the gnocchi into boiling water and boil until they float, then drain them in a colander.

Mix the pureed pumpkin with the almond milk, nutmeg, and salt. Simmer this for 5 minutes and add the gnocchi. Simmer it for another minute.

Place the gnocchi and sauce on the plates. Add dots or swirls of basil cream to the top of the sauce. Garnish with a few whole basil leaves, if desired.

Hints: The almond milk adds a hint of sweetness to the pumpkin puree as well as thins it out. Be sure to buy gnocchi with no added oils or dairy. Cooking the gnocchi softens them and causes the molecular bonds to loosen. Allowing the gnocchi to rest brings those bonds back to a stronger state which means that when the gnocchi hits the sauce, they will stay tight and intact. Soaking the cashews softens them so they can be blended into a cream with the basil, which sets atop the sauce to add not only a shot of semi-sweet fresh herb, but also to give a contrasting color to the orange sauce.

Barley Lentil Lemon Soup

By Jason Wyrick

Jason says "this is a fairly simple barley soup with the additions of lentils, lemon and eggplant, which give it an entirely new dimension".

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Servings: 4

1 cup baby eggplants
4 cups vegetable stock
1 tablespoon lemon juice
1 cup barley
½ cup lentils
1 teaspoon whole peppercorns
1 sprig of rosemary
½ teaspoon salt

Remove the stems from the baby eggplants and cut them into bite sized pieces.

Bring the vegetable stock and lemon juice to a boil. Add the barley, lentils, peppercorns, rosemary, and baby eggplant and stir. Cover and reduce heat to low.

Allow this to cook for 20 to 25 minutes, until lentils are soft. Remove from heat, add salt, and remove the rosemary sprig.

Our Newest DVD—McDougall Made Irresistible —Our Biggest Hit Ever!

[Place Your Order Here](#)

14 Delicious Demonstrations from Mary's Kitchen with 14 Lessons about McDougall's Medicine

Mary went all out to show you her favorite recipes—ones that are certain to please all family members and dinner guests. In order to do this she artistically introduced some higher-fat plant foods and simple sugars into the basic McDougall Diet to create healthy meals with a touch of elegance. John takes on some of medicine's greatest controversies in order to give you the opportunity to avoid unnecessary treatments and enjoy the excellent appearance and health you deserve.

Abbreviated Comments with Complete Letters to Follow:

I can't wait to start trying these recipes over the holidays - cooking healthy and delicious food is a wonderful way to celebrate the season. Sarah Keating M.D.

Everything about this video is outstanding; beautiful photography, heart warming dialogue between John and Mary, cooking demonstrations and great recipes. I highly recommend it. Ed Gibson

I ordered it immediately and after watching it twice I can only say Thank You! Ken Dziedzic

The recipes on the McDougall Made Irresistible DVD are exactly what I am looking for to round out my supper menus, healthy, savory, and with wide appeal so that I can serve them week after week. The brief presentations of medical issues cover the exact issues that are impacting my life. Pam Linnell

By watching someone else make it, you can easily see that it's just not that complicated after all! Pam Stevens

The relaxed format that you and Mary used to produce this work makes one feel that they are right in the kitchen with you, where friends usually wind up anyway. John A. Moss

I've already cooked several of the dishes which were easy to prepare and turned out delicious. (Potato chowder - yuuuum!). I highly recommend the Irresistible DVD. Gale White

Within two days after receiving it, I watched it three times. The kale was absolutely delicious with the Walnut Sauce, the Pumpkin Muffins were a special treat, and the Split Pea Soup was so delicious that I took it to a church potluck. Cheri Salzer

Your new DVD, is like spending a delightful day in a personal relationship with you and Mary. I grinned and chuckled all the way through. (I replay it frequently for inspiration as I work around the kitchen.) Dane Rogers

The exchanges between John and Mary in their kitchen, as he explains the why and she demonstrates the how, is so upbeat it made me want to get started with my first new meal ASAP. Sterling Hamilton

My wife and I have viewed the "McDougall Made Irresistible" DVD twice. It is excellent. We are purchasing two additional copies to send to our children as Christmas gifts. Ed and Atwood

Watching Mary prepare the recipes was like a shot in the arm to me. My family has loved every recipe that I have prepared from both McDougall Made Easy and McDougall Made Irresistible DVDs. Ivy Barnett

Again I am wowed by all the medical topics that Dr. McDougall explains in easy to understand language, while Mary is preparing a recipe that relates to the topic. Doris Thuem

I loved your new recipes, Mary; those that use of some rich foods keep my husband very happy. Leslie K. Silva

A "must-have" addition to your McDougall collection! Thanks for another winner. Karen Barron

My wife and I recently received McDougall Made Irresistible DVD. This was our first McDougall DVD purchase and we were quite impressed. We appreciated the clarity of the information and the genuineness of Dr. McDougall and his wife, Mary. Paul Ivey.

Mary is far more entertaining than Emeril and her creations are truly irresistible. My wife and I have tried a couple of the recipes shown on the DVD and they are wonderful. Howard

I was very touched by your down to earth sharing, by your example of a great loving relationship. The recipes look so delicious and healthy! It gives me more confidence that I can get into the kitchen and do it too! Ruth Kamen, RN

McDougall Made Irresistible is your best DVD to date. I am a visual learner. It helps me greatly to watch Mary making the recipes. If someone only made the soup recipes, this DVD is a bargain. Eileen

Your latest work, "McDougall Made Irresistible" provides solid re-enforcement of the "McDougall" principles and demonstrates in a very personal way that eating for health can be both fun and easy. It's two big thumbs up from the Etheridge's in Colorado. Evelyn Etheridge

It was particularly nice to see the warm interrelation between you and Mary. We observed that for ourselves in Santa Rosa. With the McDougall diet as described on the DVD, I eat like a king and still have watched my trouser size go from 46-48 to 44. Robert N. Berk M.D.

They just keep getting better and better. Watching the cooking lessons from the DVD is so much more meaningful than just reading a recipe. . So if anyone is hesitating buying the new DVD, don't give it another thought, it is worth every penny of it. Diana Ramsdell

Wow, it's awesome! Can't say enough about it. Every new publication and production out tops the last. Rita Rovner

I have made several recipes by other people that my wife and I have just not enjoyed or were an effort to eat. This is not true for Mrs. and Dr. McDougall's recipes. They make the health promoting diet pleasurable and thereby doable. I really appreciate the high production values in the DVD. Brian Chamides

Watching your DVDs (and I have several) of Mary cooking is ALMOST as good as being there in your live in program. All the things I have cooked are wonderful. I love the new DVD and everyone should order it. Barbara Leary

Drool, drool, drool. Even my husband was saying "I think I could make that". Each and every recipe looks so delicious, and it really made a difference to me to see the recipes being made. I loved every minute of it... Caroline Graettinger

John and Mary take the intimidation out of what to cook for guests or finicky children with this down-to-earth conversational style "cooking class" that even had my non-vegan husband wanting to make some of the recipes because they looked so good. Michele Martinez

The charming rapport between Dr. and Mrs. McDougall and their mutual respect for each others expertise and talent is a joy to behold. Their passion for what they are teaching is evident throughout, and VERY contagious! LuAnn Bermeo, author of Amazing Meals.

I ordered three of them and gave two to relatives who doubt that plant-based meals can be delicious. Daniel Chester, Associate Chair, Computer and Information Sciences

McDougall Made Irresistible is the best yet in my collection of McDougall books, video's and DVD's. Gerald Zwierlein

This DVD will surely indulge your palate, promote your health and challenge your mind. Rob Drummond

Letters with Complete Content:

As in the first DVD, the recipes are easy to make and delicious. In this DVD the use of slightly more decadent (although healthy) ingredients are a real bonus. I'm sure these recipes will be more highly rated by my family and friends will more frequently ask for the recipes. As a result, many of the dishes will become standard fare at our house. I can't wait to start trying these recipes over the holidays - cooking healthy and delicious food is a wonderful way to celebrate the season. Sarah Keating M.D.

I really enjoyed watching McD Made Irresistible and making some of the recipes. This DVD, and the McD Made Easy DVD, show that the recipes are easy to make. Sometimes when you read a recipe it seems too complicated or seems to call for too many ingredients. By watching someone else make it, you can easily see that it's just not that complicated after all! I also enjoyed having the health information provided during the food preparation. I would like to see just a little more depth to the health information. While I wouldn't want a long lecture on each of the health topics, I think more depth would be interesting. Perhaps at the end of Dr. McDougall's talk, he could offer a few Frequently Asked Questions with answers. These might be questions that his

patients ask over and over again. I am also hoping that your next DVD project is McD Maximum Weight Loss Made Easy and Irresistible! I have not tried some of the recipes on the Made Easy and Irresistible DVDs because they do not fit the MWL principles (though some clearly do). A DVD devoted to MWL recipes and issues would be wonderful! Thank you for your continued support and encouragement for great health! Pam Stevens

I find these recipes particularly useful as I round out my repertoire of healthy meal plans. I figure I eat 1 thing for breakfast (oatmeal), about 2 things for lunch (hummus and salad, or vegetable stew or something similar) and 4 or 5 things for supper. The recipes on the McDougall Made Irresistible DVD are exactly what I am looking for to round out my supper menus, healthy, savory, and with wide appeal so that I can serve them week after week. I have been making Festive Dal Soup since Mary first published the recipe in the newsletter, and this is a good example of a terrific recipe for me, simple and consistently delicious. In the same way, one or two sauces, such as the Walnut and Peanut sauces on the DVD, allow me to serve potatoes and greens week after week, and they always satisfy. The recipes are so delicious, that I find that I actually crave these yummy recipes...they hearty meals are my new comfort foods. The brief presentations of medical issues cover the exact issues that are impacting my life. When I eat mindlessly, my blood pressure is high, my cholesterol goes up, and I worry about my osteopenia. I also am concerned about aging in general, as I reach my mid fifties. I find it encouraging and reassuring to have the updates on the DVD, especially as they relate to a healthy McDougall diet. When I tell people about my healthy lifestyle plan, they ask, "But what do you eat?" Now I can hand them the DVD, and tell them WHAT I eat and WHY I eat it! Pam Linnell

Everything about this video is outstanding; beautiful photography, heart warming dialogue between John and Mary, cooking demonstrations and great recipes. I highly recommend it. Ed Gibson

I am new to the concept of eating plant based whole foods exclusively. I read and re-read the China Study which started me on this quest. After making the decision to pursue this lifestyle change I was left with the ominous task of figuring out what to eat and where to buy it! That all changed when I went to the McDougall website. As I reviewed the various parts of the website, I kept waiting for the proverbial "sales pitch" which is so typical of the "Diet Industry" but instead, the underlying theme of every part of the site was simply to share the knowledge you have accumulated regarding the unhealthy reality of the Western diet. I was completely in awe and began printing various recipes to attempt preparing when I noticed the DVD information on McDougall Made Irresistible. I ordered it immediately and after watching it twice I can only say Thank You! The informal approach you take while sharing both the combination of clinical research you have accumulated in simple, understandable terms and Mary's visual preparation of the recipes while adding the little tips to make the outcome successful are just what I was looking for. Ken Dziedzic

I am always on the lookout for teaching tools that might make my job easier and more effective. It's difficult to balance the right amount of science and education without losing the interest of patients and students. Your latest DVD "McDougall Made Irresistible" is a wonderful example of that much needed balance. You deserve an A+! Also, with the holidays fast approaching, the release of this DVD couldn't be better. I have already printed recipe packets and can hardly wait to share the video and recipes with my students. Tricia Hedges, RD, LD, CDE

In the friendly, informative style of "McDougall Made Easy," John and Mary's newest DVD, "McDougall Made Irresistible" is – simply irresistible! Dr. McDougall enlightens us on medical issues while Mary deftly prepares imaginative and delicious meals. This DVD will surely indulge your palate, promote your health and challenge your mind. Rob Drummond

Your new DVD is your best one yet. Both you and Mary are very relaxed and professional. Enjoyed your talks and Mary's tremendous recipes. You made it feel like I was in your home with you. Also was uplifted by your confession that you also found broccoli to be less than an ideal flavor in the raw state. Many thanks for all your efforts. Don Smith

I'm absolutely delighted with my purchase! Thank you once again, Dr. and Mrs. McDougall for creating another encouraging, motivating and PRACTICAL DVD. What a privilege to be invited into your home and have you share "up close and personal" recent research illustrating the effectiveness of treating illness with lifestyle, not drugs, and wonderful recipes capable of convincing even the most skeptical that a plant-based can be a pleasure-based diet! The format of the DVD includes brief vignettes discussing various chronic illnesses and how they can be overcome through a combination of a pure vegetarian diet and exercise, interspersed with Mary demonstrating some of her most popular dishes – those sure to be enjoyed by family and friends. The charming rapport between Dr. and Mrs. McDougall and their mutual respect for each others expertise and talent is a joy to behold. Their passion for what they are teaching is evident throughout, and VERY contagious! As much as I enjoyed watching the DVD, I was eager to get into my own kitchen and begin making some of the recipes! LuAnn Bermeo, author of Amazing Meals.

We have tried every recipe on your "Made Easy" and now the new "Made Irresistible" DVDs and love all of them. Mary does a brilliant job in finding the perfect ingredients to put together. My husband and I have fully adopted the McDougall lifestyle and love to try new recipes. The "Irresistible" DVD gave us some great new recipes that have already won their way to our weekly menu lineup. We are just as grateful to you for your healthful comments as we are for Mary's fabulous recipes. We have read all of your books and watched all of your videos and are always very excited when a new McDougall product comes out. We can't wait for the next one! You and Mary are our heroes. Thank you so much. Tiffini and Jason Robarge

After viewing "McDougall Made Irresistible", my family is so eager to try all the new exciting dishes! The medical information is so logical and motivational and just what we really needed to get on track with our health. I love the way you combined the information with the practical means of applying it to daily living. This DVD is truly an irresistible approach to healthful living and we can't wait to get started. Thank you so much. Sincerely, Jenny Beasley

This is the DVD I was waiting for! I ordered three of them and gave two to relatives who doubt that plant-based meals can be delicious. In company with the delicious recipes, Dr. McDougall's comments give a gentle introduction to some of the health benefits of plant-based meals. Daniel Chester, Associate Chair, Computer and Information Sciences

HOORAY !! Mary you are... Astounding... Exciting... Thrilling. I received my new, McDougall Made Irresistible Cooking DVD. Mary Your Great. I love the new DVD. I've made No-Huevos Rancheros and the Creamy Dessert Pudding...Wonderful !! My husband and I find you not only Informative, but So Much Fun as well. Thanks a Million Mary for another Perfect Cooking DVD. We Enjoyed Dr. McDougall's teaching too. I've told all my friends, they plan to order the cooking DVD. Thanks a Million. Polly Baxter

I really enjoyed the Irresistible DVD. I've read all of Dr. McDougall's books, listen to all of his tapes, watched all his DVD's and attended several of his weekend and week night seminars. I watched the Irresistible DVD the day I received it. As always, Dr. McDougall's message is backed with the latest information and research available. Coupled with Mary's cooking expertise the DVD was an absolute joy. I've already cook several of the dishes which were easy to prepare and turn out delicious. (Potato chowder - yuuuuum!) I highly recommend the Irresistible DVD. Best regards, Gale White

I want to officially say thanks for your wonderful new DVD, McDougall Made Irresistible. Within two day after receiving it, I watched it three times. Before my last viewing, I printed out Mary's online recipes to follow and made notes of your medical comments. The kale was absolutely delicious with the Walnut Sauce, the Pumpkin Muffins were a special treat, and the Split Pea Soup was so delicious that I took it to a church potluck. Your recipes are truly "irresistible" and make cooking and eating so much fun; following the McDougall principles has never been easier. Special thanks to Mary for spoiling us just a little. Sincerely, Cheri Salzer

Dr. John McDougall's new DVD, McDougall Made Irresistible, is a joyous experience...it takes you on a very pleasant journey describing how a simple lifestyle change in your eating habits can improve your health and how this can be achieved. There are 14 chapters and in each chapter Dr. McDougall tackles one or more health issues. For each one, in clear and easy to understand terms, he explains why eating the right foods is the natural way to optimum health as opposed to taking prescription drugs and supplements. And Mary McDougall shows that this can be easily accomplished by demonstrating how to prepare and cook delicious and healthy meals. The exchanges between John and Mary in their kitchen as he explains the why and she demonstrates the how is so upbeat it made me want to get started with my first new meal ASAP. Thank you John and Mary for this wonderful DVD....Sterling Hamilton"

My wife and I have viewed the "McDougall Made Irresistible" DVD twice. It is excellent. We are purchasing two additional copies to send to our children as Christmas gifts. They are slightly familiar with the McDougall plan for a healthy lifestyle but your teachings and Mary's recipes in this new DVD are so simple that it may cause them to change their eating habits more than our "preaching" to them. Ed and Atwood

Just a note to let you know I really enjoyed your latest DVD, McDougall Made Irresistible. The relaxed format that you and Mary used to produce this work makes one feel that they are right in the kitchen with you, where friends usually wind up anyway. Your timely discussions of important medical and nutrition issues, together with her actual demonstrations of healthful recipes, are an interesting and powerful combination. I hope you will continue this type of presentation. Best wishes to you and Mary. John A. Moss

This is a "MUST HAVE" DVD for anyone serious about regaining and maintaining their health! My husband was so impressed with the recipes that he insisted I make enough for him, also - my husband, the die-hard meat and potatoes man. I did not even tell him to watch this DVD with me. When he heard your voice, Dr McDou-

gall, he glanced at the TV screen, then sat down and listened intently to what you had to say about subject like diabetes, arthritis, and heart disease. I heard no criticism whatsoever of the information you shared. My point here: anyone who wants to get their spouse's interest in health-restoring cuisine should start with this DVD. The recipes are beautifully presented by Mary in her own kitchen and they truly are easy recipes that anyone can prepare in their own home. Thank you so much for this valuable contribution to the healthiest life-style cuisine one can hope for.

I do have a suggestion for your consideration. I think it would be wonderful to include a recipe booklet that is sold with the DVD so the recipes are ready in hand. I would have paid more to have a recipe booklet in print accompany the DVD.

Also, I think it would be spectacular to see Dr. John McDougall prepare a recipe or two for Mary to taste - I believe it would interest more men to become actively involved in the McDougall lifestyle to see that you are involved with the cuisine preparation and not just being the "taste-tester". After all, bottom line is: you are first a person, then a doctor. It would be fantastic to let your patients and public see you in this light. Sincerely, Carli Saladin

I often have imaginary conversations with you, mostly thanking you for the incredible commitment you have demonstrated to help people. I appreciate your uncompromising integrity as your research invalidates most common understandings about food, health, and the medical business, and you replace them with information based on solid science and obvious truths. Your new DVD, is like spending a delightful day in a personal relationship with you and Mary. I grinned and chuckled all the way through. (I replay it frequently for inspiration as I work around the kitchen.) I cannot think of a better introduction for my friends who have shown some interest in healthy eating, but continue to fall back to their old familiar habits. As the top item on my holiday shopping list, "McDougall Made Irresistible", will give my friends a leg up on their own path toward a healthier and happier life. As one of those "brown rice hippies" of the 1970's, and "vegetarian" for 20 years, I still did not really get it until finding your work over the past couple of years. Thank you so very much and know that you have my ultimate gratitude for the positive impact you have made in my life. Most Sincerely, Dane Rogers

I really enjoyed your latest DVD, McDougall Made Irresistible! It is nice to have a little "McDougall" at home for support, and new ideas for meals with family and friends. It is a great reminder of how our everyday choices affect our health in so many different ways. Its good to be able to share the valuable health info and easy how-to with others. I see people everyday suffering with various health problems and wish I could share your DVDs with them, so they would know, there is another way, and they do have the power to choose a healthier life for themselves and their families. Thanks so much for all you do, Janet Dey

McDougall Made Irresistible is the best yet in my collection of McDougall books, video's and DVD's. Once again you give us the cold dope on vital diet and health information and Mary does a fantastic job of showing us how easy it is to prepare delicious health promoting foods. Thank you Dr. McDougall and Mary for all that you do! Gerald Zwierlein

I just finished viewing the new DVD, McDougall Made Irresistible. I would like to thank you for the completely enjoyable format. Mary inspires me to cook and you remind me of why it's important. I have all your books, and DVD's and I must say, I am hoping you and Mary do more of the cooking and health lessons on DVD. We all learn in many ways, and for me, reading and watching the DVDs is much more effective than just reading about it. Dr McDougall, thank you and thanks to Mary. Best Regards, Patty Hughes

I have been a McDougallite since 1993. I have every video, book, TV show and DVD ever produced by Doctor McDougall and Mary. They are all terrific. But this DVD is the most professional. The production, the graphics, the lighting, the sound, and the ease of use, move the McDougalls into high end, main stream, DVD presentation. Yet, the DVD has a very homespun feel to it. The format is different and more personal as Dr. McDougall and Mary have family conversations while Mary cooks and he sits nearby and watches and comments and samples her dishes while interspersing appropriate medical advice in an informal way rather than by lecture. It's very loving and softer than before. They talk about their children and their memories. I felt like I was there, a guest in their home, wanting to taste Mary's recipes and ask Dr McDougall for some medical advice. There is something in this DVD for everyone. Norman

Your new DVD is great. Very nice to be able to print out the recipes AND watch them being prepared at the same time. The "chat" format is great. Almost makes you feel like we are in the kitchen with you guys. And it makes the technical talk almost as interesting as the food talk :). Actually it is great to hear the benefits of the meal as the meal is being prepared. And oh by the way - the recipes are great as always. Thanks, Karl Weiss

I just finished watching your new McDougall Made Irresistible DVD. WOW! So much good information. Your explanations on the various medical conditions are simple, concise, and very much needed in today's confusing healthcare arena. Mary's recipes and demonstrations are fantastic. They really do make McDougalling irresistible and easy. I found myself wanting to get right into the kitchen to try some of the dishes. I especially like the soups. This DVD makes it possible to see that eating healthier and more natural foods can be achieved. Great job! The only negative I have is that it is distracting to have the camera moving and wiggling around while it is focused on you. Gwen Browne

I found your DVD to be both informative and enjoyable. The back and forth between lecture and cooking demonstrations kept me interested from beginning to end. Mary's recipes look appetizing and she really makes the preparation look easy and doable. I am looking forward to trying the recipes. Sincerely, Michael Minatre

My wife and I watched your DVD - - - it was pleasurable, addressed body problems & concerns, and left us hungry for any or all of the neat food your wife prepared. Unfortunately after the DVD the only edible food I felt we could eat with you still fresh in our minds was "Bubbies Sauerkraut" that was in the fridge (Cabbage, water, salt - - - how simple). It was delicious. Your addressing a health issue in each segment and then enlarging on the issue during Mary's feast preparation made the issue very very real. Good idea. You didn't appear as a physician that memorized some useless medical terms (latin names applied to thousand parts of the body or diseases does NOTHING to understanding the body or making one able to repair (anything.)). Both you and Mary appeared to be letting us peer in a window at you while you were being yourselves. A homey environment. The recipes' were diverse and appeared and sounded delicious (and good for the body) except for the Cucumber dish - I'm with you Doctor. Thanking Mary for the taste and preparation of the food and her acknowledgement was so very nice. The DVD will go a long way to weaning people onto healthier food. WHATEVER WORKS. Harry Lucas

My husband and I have nearly all of your publications and DVD's. The knowledge that we have gained from you over the years from these as well as your lectures that we have attended, has been nothing short of profound with regard to our health and happiness. You have made all the difference. It's wonderful and empowering to be in control of one's health, and Mary's recipes are the 'icing on the cake'. Thanks to you and Mary, we have cut the strings to hospitals and doctors and are truly enjoying life. We recently purchased McDougall Made Irresistible, and were delighted with the different format compared to your previous DVD's. It was like being invited into your home to watch Mary cook and hear the two of you chat about healthy eating. We could see how very quick and easy it is to make her delicious and healthy recipes. I am already planning meals for visiting guests and holiday gatherings using recipes from this latest DVD. It will remain in my kitchen, so I can slip it into our DVD player whenever I want to make any one of the fourteen guaranteed-to-please recipes. Sincerely, Gail E Yoshida

I enjoyed the DVD very much and watched it in one sitting. The food looked great and apparently tasted good, too. It was nice to see Mary go through the steps and see how easy it really is - if you have the ingredients.- Since I do not have a printer I would very much have liked to hear the exact amounts of the ingredients- some were given but many only "some of this"- hard to see how much that is.. I am Inga Tatikian in Manhattan Beach, Ca. I have followed your diet pretty much for a long time- but I seldom prepare special dishes. I enjoy your monthly letters and am thankful for your articles. I first heard about you at the Penngrove fasting institute. Thank you, Inga

I've been a vegetarian for 12 years. I admit that I wasn't a great vegetarian for the first two of those years, but I then I came upon. Dean Ornish's book and quite a few of your wife Mary's recipes. I then followed a very nearly vegan diet for many years, and then two years ago did away with all traces of dairy & eggs entirely. I have known nothing but easily maintained, great health ever since. I do not claim to know everything there is to know about veganism, Which is why I continue to invest my time and money in educational materials such as yours. Understand that I have a fine library filled with great books by John Robbins, T. Colin Campbell, Kerry Saunders, and the like. Your lectures present this material in an incredibly simple and clear fashion, which is exactly what is needed by Standard American Dieters. Your sincerity and wisdom come through with great ease. If there is anyone that can reach those that are still attached so strongly to the SAD, it is you John. Truly, your wife's recipes taste BETTER than the SAD alternatives! They do not merely match them in flavor. This is why I do my best to share a taste of my food with those that are daring enough to try. One taste becomes two. Two tastes become three. Three becomes a meal. That is the path to health. One bite at a time. It is possible that you may be of interest in a paper that I wrote and posted on my blog earlier this year. If you wish to quote any of it, or any of the passages from this message, by all means please do so. If there is any way that I may be of further help to you or your organization, do not hesitate to contact me further at this address. Sincerely yours, Stephanie Zinggeler, EMT-B (and hopefully a future R.N., and N.P.)

Following on from "McDougall Made Easy" comes the Irresistible version incorporating some slightly naughty items. Don't worry they are still healthy McDougall principle recipes but with a little less caution on some of the richer ingredients allowable in this great lifestyle diet. Did you enjoy the laid-back homely banter between John and Mary in "Easy"? I don't know if this really is their kitchen but they are right at home in it and I caught myself smiling broadly time and time again. Most importantly for me, John came up with fresh insight and comments which will help me in my efforts to convert family and friends. I love the "McDougall Made..." series and look forward to the next one. Could it be "...made Wicked" or perhaps "...in the Raw"? Well, perhaps you will not want to use all (or any) of it but hope it may help your efforts. Keep up the great work. Kind regards, Rob Talbot.

John and Mary have done it again. McDougall Made Irresistible takes off from where McDougall Made Easy ended. Taking place in the McDougall kitchen, John sheds further light on many of today's medical topics, then Mary prepares a beautiful and delicious meal right before your eyes. McDougall Made Irresistible is very enjoyable to watch and the recipes are great tasting. This DVD lives up to its name. Eric Collins

I really enjoy the way you did this DVD, "McDougall Made Irresistible". It is so relaxed and yet the main points are presented. I teach a class at church on Lifestyle Change and we use all of your materials. We also do cooking in class and use the recipes given by Mary. They are very easy to make and yet very tasty. Please keep up the good work. You may use my comments in your advertising or whatever. Thanks again. Joe

I am very pleased with your DVD. I will be watching it again and again. 1. Dr.'s comments at the beginning and throughout the recipes are very enlightening to those of us in the 'older' category who don't like taking drugs. You give us hope as we grow older and being healthy until the day the Lord takes us home. I especially like your gratitude to Mary and what delicious food she makes. 2. Mary's way of explaining the 'make-up' of the recipes and where to get some of the ingredients is very helpful. I am a widow but I know how to cut the recipes down to fit for one person, and to enjoy the leftovers. You and Mary are a wonderful team. I am 77 yrs. and I have learned a lot from you about natural foods. I studied under Gladys Lindberg many, many years ago. In fact, she got me started in doing research on how to take care of my own body. Then I found you on TBN one Tuesday morning and it's Dr. McDougall from then on. I hope you can get back on during the day, but in the meantime, your website keeps me up-to-date, as well as your newsletter. No criticism, constructive or otherwise, about your latest DVD. It's "Irresistible!!" God bless you both, June Todd P.S. I have printed off all of the 14 recipes and am starting a notebook. I also have your books, "The McDougall Program" and "The McDougall Quick and Easy Cookbook." So you see, I am hooked. The DVD that you sent was a nice kick off again....thx so much....tried your veg burgers....Deane was very pleased.....and they weren't hard to form at all.....I food processed the mushrooms and onion...I thought it would never cook down but it did and worked just fine.....very finely cut.....they are delicious.....we were in the middle of birthdays....3 in Nov. with the fam so had to wait until yesterday to try them.....we both had two with all the trimmings.....someone had stopped me in the store ...caught me by the arm and said very sternly not to use anything with soy in it...that it had never been used as a food...just a seasoning....it promotes cancer growth.....how serious is this... Thx again....I love the way you two interact on the DVD.....isn't life great.....such a contribution you are making.....Deane has cut his diabetes meds down to one but still on 3 or 4 blood pressure meds....the foot dr. put him on another diuretic because his ankles were swelling again.....he sees the heart dr. this week.....thx for everything:) Nancy Harlow

McDougall Made Irresistible is just as wonderful as the previous one McDougall Made Easy. For those who want a brush up course on the McDougall Program, this new DVD is so great and for those just starting, this gives them a lot of the basics along with the delicious recipes. John and Mary are giving us so much help so those of us who really want to feel great everyday have no excuse. These last 3 DVD's have been big winners as all of them have been, and I hope John and Mary keep giving us the opportunity to learn. I sometimes order an extra to share with friends but love to look at them again and again to stay motivated. Make your Christmas Shopping easy and put your orders in now! Francine Garton, Redlands, CA

John and Mary get better with age. Their new DVD "McDougall Made Irresistible" is an example. I have heard their lectures, read their books, viewed their videos and DVDs since 1979.. They keep getting better. I like how the timely health message ties into the easy to do tasty recipes. Recipes that both kids and adults will like and recipes special enough to serve at a party. Regards, Ann Wheat

I've just had an opportunity to watch your new DVD, "McDougall Made Irresistible." At your request, I have jotted a few notes. It was just as good as your first DVD where Mary is shown preparing recipes. That one, I sat and took notes and copied all of the recipes on a yellow pad, then typed them all up, so I would have good clean copies from which to read. I see where this DVD has recipes available to print right off the website. Thank you. Still, I like to SEE the foods being prepared and also see the finished product. They looked wonder-

ful. I was wishing I'd been there to taste them with you. Ha Ha! I do hope to try them ALL. Yours and Mary's interaction with each other is fun to watch. I also admire your devotion and dedication to promoting this healthy way of eating. I thank you so that those who want to, can get and stay healthy. You have no idea how many people I send to your website and to how many people I paraphrase you. I have also emailed a few of my friends telling them about your DVD as they, too, are looking to get and be healthy. I am 65 years old and very healthy, energetic and active.....And thin, I might add (if you recall when we met in Costa Rica last year), a problem (being overweight) over which many men and women agonize...Thanks much for another well done DVD with a ton of good information and more good meals to which I look forward to making. I would recommend it to anyone looking for good health and more ideas in the kitchen. Say hi to your beautiful family. Carol Fitzgerald

I would like to thank you both for inviting me into your kitchen on your new DVD, "Made Irresistible." Being new at learning to cook vegetarian, I really appreciated watching how easily Mary prepared many different recipes along with your hints of where to find different products, what to look for in ingredients, what ingredients you do not want, and most of all, how to make natural peanut butter spreadable. The DVD is a unique combination of vegetarian cooking made easy along with being reminded as to why this diet is so important for our life style in connection to the diseases so many of us have, diabetes, arthritis, high cholesterol, osteoporosis, etc. What I most appreciated is the relaxed way in which the DVD was done but I regret the most that I could not be in your kitchen to help you with the sampling of the dishes. I hope mine turn out as good. Thank you for all you do in helping us all to live a better life. Sincerely, Beverly Gates

The R words are the key for me. Reverse, Renew, Rebuild and Recipes. When I realized you were saying that health problems can be reversed, that bones could be rebuilt and health renewed I was hooked on your way of eating and walking every day. I have all your books and now this great video. Mary's recipes are easy to follow and delicious. I have lost 10 lbs in one month and feel great. Keep up the good work. B Booth

You definitely emailed the right person! The new DVD is great. It's been a wonderful addition to the many others I have from you. I have seen many videos of you on the net getting the good word across about the McDougall Program and I think this new format that you and Mary have come up with is a big hit. The delicious recipes are something I'd expect to see on the Food Network and would definitely give Emeril and Paula Dean a run for their money. A little of the right information along with a dazzling display of eye-catching cuisine makes this new DVD a must for anyone who enjoys delicious, nutritious food made easy. You've definitely made quite a positive impact on my life and my family's also. Just to give you a brief synopsis on my story, I'm a 28 year old web developer who started off pretty similar to your situation. I was actually pretty athletic until I got into college where the Standard American Diet took its toll and made me pretty sick at least twice a month. By 26 years old I had a stroke in my left eye and lost part of my vision and after a large amount of blood tests they told me I most likely had lupus. Just by coincidence, at the same time period, I was taking an ethics class in college and started reading Diet for a New America and saw the documentary where I was first exposed to the McDougall Program. I researched everything I could on health; I was hooked and eventually came to see that everything you had discovered was the optimal way to live. I can definitely say over the past couple of years my health has returned and I am no longer sick with the excruciating stomach problems I had in the past. Nowadays, I've been working on what I hope to be a pretty comprehensive vegan website with a section to talk about the McDougall Program. The website I currently designed that is live is the rough layout and only a preliminary version of what I've been working on that's somewhat like a VegSource type of site, but the new one will have several databases of information and some useful tools. I also have the first version of my story there where I have you featured. The updated version of my story will also talk about my dad who recently passed away from heart failure in March this year at only 54 years old. He was a truck driver which I'm sure you can imagine what his diet was like. I had actually gotten him on your program a year earlier and he lost 25 pounds in 2 months and was feeling great, but then went astray and succumbed to the results of his habits. I want to say thank you for all the hard work that you do to make this world a better place. You've been a pioneer in this field and I know it's frustrating sometimes, but you really are making a difference. The ripple effect you have is greater than you can imagine. Sincerely, Paul Bates

When I watched your new DVD, "McDougall Made Irresistible", I was transported instantly back to Santa Rosa and to memories of being with you and all of the wonderful people who became part of my life in the McDougall 10 day program. I loved seeing you and Mary and hearing your voices as you reminded me of the ease of preparation and delicious and healthy foods waiting to bring us back to improved health and vitality. Your mini-lectures reinforced my previous learning with you, John and Mary. To all McDougallers who may need a refresher to enhance staying on the program and to those who are just beginning to learn how to nourish themselves to better health this CD is truly irresistible. I have my soup on the stove now and I am looking forward to a great McDougall dinner. Thanks, John and Mary, for your commitment to a healthy life for all of us. Warm regards, Carolyn Baldwin

I just finished the McDougall Made Irresistible DVD and I am impressed. What I noticed is that the information is presented in a very low key manner - it is not a "lecture," but a chat in the kitchen. We get to see some really tasty dishes that Mary shows us how to prepare - the detailed recipes are available for printing on the website (and on the DVD.) There are many topics (14) and dishes to go with each topic. I think a person who wanted to show a non-McDougaller a new way of eating, and show them why they should eat this way, this DVD is a good place to start. They'll love the possibility of the food and gain a bit of scientific information as well. I am glad I got this DVD. Vickie Helmuth

First let me say that I loved the interaction between you and Mary. The respect you obviously have for each other is heart-warming. As a person in your age group, I must say that you both look terrific and this fact alone lends credibility to your recommendations on healthy eating. The fact that the DVD was filmed in your home made me feel comfortable and this setting created a friendly atmosphere. I particularly loved the way that you taught a health lesson while interacting with Mary as she showed the viewer how to prepare a recipe. This unique approach made me feel like I was learning something without listening to a lecture. The recipes are fairly easy and not too time consuming, which is important for those with active lifestyles. The recipe for the McVeggie burger is simply the best veggie burger recipe I have tried. It is absolutely delicious! Thanks to you and Mary for your efforts in teaching others about healthy living and cooking. You have my utmost respect. Kind regards, Patricia Reese

The straightforward simplicity of how to prepare these delicious dishes is a tremendous aid in switching to a plant-based diet. It is always difficult to overcome established patterns, such as cooking and eating, but this CD makes it easy. The video is a charming interplay between lifelong partners. Dr. McDougall offers insightful medical rationale for a plant-based diet while Mary brings the theory into the reality of food preparation. Allen L. Appell, Ph.D.

John and Mary McDougall have created the ideal way to transition away from dietary disease and toward complete health. Finally a medical doctor has told us the truth and shown us how to eat and why it's important to eat this way. I follow this plan and I've never experienced better health. Each and every doctor who treats chronic illness should tell their patients about "McDougall Made Irresistible" and make it required viewing. The recipes are easy and delicious, so what's stopping you from enjoying wonderful health and longevity? Annie Sonnier

In Irresistible, the magical McDougalls once again reveal their tricks and tips on the way to a healthy lifestyle with a well produced, though simple run-through of numerous tasty dishes. Along the way, Dr. McDougall enlightens us with the medical rationale behind the diet while Mary shows how simple preparation can lead to delicious sustenance. because of the interplay of cooking and reasoning in this DVD, the viewer is not bored, but reinvigorated if an ongoing believer, or educated if new to the McDougall concepts. Especially heartwarming is the real chemistry between Mary and John, which reveals a loving relationship which is affirming to watch and inspiring to share. Overall, another important DVD to own if you care about your health and want to give yourself a booster shot of motivation. Steven M. Arentz, M.D.

As I watched "McDougall Made Irresistible", I felt as if John and Mary had invited me into their home for a once-in-a-lifetime, 14-course meal. After a few segments, I had a maddening urge to run to my computer and print out each and every recipe. In the meantime, John's succinct remarks about health topics kept me interested, and his practical comments about serving the meals to family and guests inspired me. But as John tasted each of Mary's dishes, my mouth watered and the twinkle in John's eyes sent me straight to my kitchen! Did the first 16 chapters last night. Very comforting to watch the interaction between you and Mary. Lot of love coming thru and sincerity. Wonderful to see a physician on the side of justice and morality regarding the drug companies. The TV commercials are nauseating. When will they get the hint? Maybe when the government subsidies stop. Anyways I love the "profound simplicity"(Dr. Frank Sabatino's term) of the message. Will watch the remaining chapters tonight and get back to you. Don Capone.

Good luck with this DVD. I can tell a lot of work went into its preparation and it shows. Best wishes, Donna Starnes

John and Mary take the intimidation out of what to cook for guests or finicky children with this down-to-earth conversational style "cooking class" that even had my non-vegan husband wanting to make some of the recipes because they looked so good. Both John and Mary glow even in their 60's due to being excellent examples of this lifestyle and will inspire you to keep faithful so that you, too, can achieve the same results and not feel like a victim of advancing age. I truly have appreciated videos such as these so I can maintain this program myself since I don't have the blessing of being surrounded by supportive vegan friends and feel like people like the McDougall's and others like them are my surrogate "family" cheering me on. It's encouraging to see that many conditions that people take for granted as advancing old age or poor health simply don't have to

exist. We truly are masters of our fate in this area and I find this empowering." Michele Martinez

I really liked your latest DVD. It was a nice summary of some things I had learned in your classes and at the live in program. In fact, I liked it so much that it gave me an idea of how to help our daughter, who just discovered that she has high cholesterol. For her 52nd birthday last week I gave her your newest DVD along with a basketful of your soups and cereals along with the no salt products I use such as your suggested brands of canned beans and tomatoes listed in your book...Nancy Lockhart

The benefit to me from your new DVD is RENEWED MOTIVATION!!! I tend to make the same things over and over, and thus my family had become a little bored with my meal planning and we had started to drift to more unhealthy processed foods. Watching Mary prepare the recipes was like a shot in the arm to me (or kick in the butt, whichever you prefer). My family has loved every recipe that I have prepared from both McDougall Made Easy and McDougall Made Irresistible. I am enjoying cooking again and am also motivated to find and try out new recipes. I even went out and purchased a new blender. I would love to see some more cooking demonstration DVD's. Gratefully, Ivy Barnett

When I purchased the first cooking DVD " McDougall Made Easy" I was impressed with Mary's easy to follow recipes and Dr. McDougall's easy to understand answers to questions that come up when beginning the McDougall program. So when the second cooking DVD "McDougall Made Irresistible" became available I purchased it. Again I am wowed by all the medical topics that Dr. McDougall explains in easy to understand language while Mary is preparing a recipe that relates to the topic. Again many questions that are asked by new McDougallers are answered. Having said all of that, I think that Mary's cooking demonstrations are very helpful to new McDougallers. Cooking techniques are shown and all the recipes use ingredients that can be easily found in regular grocery stores. I plan to "wow" my family with some yummy dishes during the upcoming holiday season. I think that the 2 cooking DVD's partnered together give much inspiration to new and old McDougallers. Now, I am waiting for another one that focuses on children. Doris Thuem

The timing for your new DVD couldn't have come at a better time, my wife and I are in the early stages of converting our family into a Organic Vegetarian format with no cheese dairy products etc. Our whole family watched the DVD together .Remarks were made during the presentation how well you and your little lady complimented each other .At the end my wife printed out the ingredients made a shopping list. The next day, she met me at the health food store. Since that time we are wearing out your wife's Recipes My twelve year old as well as my 15 year old are loving it, not one sign of rebelling. I had just finished reading The China Study and my wife had just returned from the Halleluh Acres women's convention; needless to say after watching you DVD everybody in this family is doing a wheelie. Thank You Praise the Lord. Eddie

I just received your new DVD this week and have already made your McVeggie burgers and the Chocolate pudding recipe. My family LOVES these recipes. I wanted to tell you how much I enjoy the two of you together doing this DVD, you are both an inspiration. I cannot wait to tell everyone about your new DVD.I hope you will make many of these as I will buy them all. This DVD is such a great learning and cooking tool for me. I loved your new recipes Mary that have the use of some rich foods as this keeps my husband very happy. Thank you again so much for this new DVD. Leslie K. Silva. A longtime McDougall program follower since 1984

I just received McDougall Made Irresistible 2 days ago & have watched it twice. John & Mary are wonderful hosts. I have already made several of the recipes & they are delicious. My husband really liked the kale with walnut sauce. All of Mary's recipes are delicious & satisfying. I make the bean & corn enchiladas from McDougall Made Easy every week. The health info is priceless. I had a gastric bypass 4 years ago & still have a problem keeping the weight off. I am supposed to eat very high protein, but I like Dr. John's advice & Mary's food better. How about some Chinese recipes? Please bring us MORE! I would love a McDougall magazine! Sherry Masser

I can already say that the DVD immediately inspired me to begin trying the recipes and I love that you have made them so easy to print from your web site. The red lentil soup was delicious, but I couldn't find a vegan chili paste (even at Whole Foods) so I substituted cayenne pepper and it may not have been quite the same as yours. I have had trouble finding a few of the seasonings, such as Thai basil, and it would be great to have some possible substitutions mentioned with the recipes. Serious cooks probably don't need such info, but I've never loved cooking and so haven't experimented as much as some people. I will definitely recommend this DVD to some friends and family who are trying to follow the McDougall plan, because the recipes seem to offer some nice options for special occasions. Since I still have a weight problem, I will have to use many of these recipes sparingly. I think I will use the soup recipes the most. I find this style of DVD to be helpful in encouraging me to try some more interesting recipes. Otherwise, we tend to live mostly on baked potatoes, salads, vegetables, bean soup and beans with tortillas. Glenn, my husband, thanks you for inspiring me to try some new things. Also, I think that these recipes can be helpful in converting other people to try this diet. Even so,

I really like your other DVD's, the longer lectures, and hope you will continue to make new ones. I like to feel that I am getting the latest information from you, and they can encourage me to stick to the diet when my commitment is wavering. I can and do watch the old ones repeatedly, but I really look forward to a new set of lectures. Thanks for another great DVD. Peggy Henry

I watched my new McDougall DVD last week and immediately made the Dal recipe. To paraphrase a well known chef, Mary has "taken in up a notch". The food is wonderful and the information life saving. I have lost 45 pounds this year and have kept it off. At the same time I have eaten wonderful foods based around whole foods of grains and vegetables. I have never felt better. I feel empowered with a hope for a bright future of good health. I have recommended this program to many of my patients. I have a podiatrist but have come to the realization that the foot is attached to the rest of the body. In addition, I have come to the realization that the medical community generally has no idea about nutrition. Craig

Well, it certainly was a surprise to see the irresistible and delicious menus that we thought would be off limits. Then we realized that most of them were meant for special occasions and to entertain family and friends in a slightly expanded McDougall plan using naturally occurring vegetable fats in a limited use of avocados, tahini, walnuts and soy products. They certainly make the diet accessible to all right away. We've tried several and are delighted with them. As people with weight problems, the higher fat recipes will be less frequently used for ourselves alone. The cooking by Mary and the medical comments by John on a wide range of life enhancing changes in lifestyle and eating is a good way of combining lecture and demonstration in an informal and warm home setting. It was a good plan to have the recipes available on the website too. It was reassuring to have Dr. McDougall identify his wife as a moderate person, and himself as a triple A type with a far less than moderate personality. That certainly identifies me and my husband. We feel reassured that there is continued long term gain in health that we can expect as we stick to this delicious but new regime so far from the Standard American Diet we grew up with and got sick on. Incidentally, we find it easy to dine out with others as long as we can order our starches and vegetables and salad. Jeannette Mittelsdorf

It's good to learn some richer, more flavorful recipes that fit in with the healthful guidelines I've learned following the McDougall program. My young children will enjoy the dishes that include ingredients like tofu, avocado and nuts. It's important to me to make kale, spinach and raw broccoli as appetizing and enjoyable as possible rather than learning how to hide these delicious and nutritious veggies in my kid's food so that they can't tell they're eating greens. Even if they only eat the sauce and skip the brussels sprouts, they're still eating well if I follow one of Mary's recipes. It's really a treat watching a cooking show where I'm not constantly thinking of how to omit and substitute ingredients. Dr. McD and Mary do a great job on this DVD, as they always do. Thank you!!! Molly Fisher

The McDougall, "Made Irresistible" DVD is wonderful. Especially with the Holiday Season almost here, we now have some wonderful new and exciting recipes. Easy and quick to prepare, and to be able to print them out makes it a snap! I would highly recommend purchasing this DVD. Morgan Oro

The McDougalls have done it again! In the new sequel to McDougall Made Easy, McDougall Made Irresistible takes things up a notch, and is a real pleaser. The segments have a smoother, less choppy flow, as Dr. McDougall shares his health lessons in a more informal way, right in the kitchen, in dialogue with Mary. Mary creates about twenty new recipes, including variations. Some of them are everyday fare, but others use higher fat, rich plant foods; perfect for special celebrations, or for enticing skeptical friends and family! A must-have addition to your McDougall collection! Thanks for another winner. :) I've already printed several of the recipes off the website. I'm making that yummy french onion tofu dip that I sampled at the 10-day for a Thanksgiving appetizer. Karen Barron

I have been inching along towards a healthier diet for the past Twenty three years (I am 73), but since I purchased your tapes, I feel as though I have made the "Great leap forward". I purchased "Dr McDougall disputes major medical treatments" several months ago and felt that it was so valuable that I had to have the next one "McDougall Made Irresistible". I don't know which I enjoy most, the mini seminars by you or the recipes by your wife. They are both short and to the point which is the way I like my information. Of all the health information, and mis-information out there I have come to trust yours because of the excellent references and lack of the hard sell. I am eagerly awaiting the next tape. By the way, I have recently cut my two medications in half and am now anticipating cutting them out entirely. Dave Shoemaker

My wife and I recently received McDougall Made Irresistible DVD. This was our first McDougall DVD purchase and we were quite impressed. We appreciated the clarity of the information and the genuineness of Dr. McDougall and his wife, Mary. She demonstrates very clearly how to make some tasty recipes and shows just how easy they are to prepare. Dr. McDougall also offers some great insight as to the health benefits of eating healthy. The presentation is very well done. Paul Ivey.

I just finished watching McDougall Made Irresistible, your latest DVD. I want to thank you for being one of the few physicians with the honesty and courage to make the case for the powerful impact that a whole foods, plant based diet can have on our health. The great thing about this DVD is how skillfully you and Mary work together to describe the health benefits of The McDougall Plan, while giving us a "cooking class" of easy to prepare and delicious meals. Mary is far more entertaining than Emeril and her creations are truly irresistible. My wife and I have tried a couple of the recipes shown on the DVD. They are wonderful. My wife is a great cook, but she needed help creating low fat plant based meals. It was the low fat part that was giving her trouble. She thanks Mary for showing her the way on this DVD. I have read most all of your newsletters. The other real benefit of the DVD is that it so effectively and concisely summarizes much of the information you provide about healthful eating and the conservative use of physician services. Cheers, Howard

With "McDougall Made Irresistible", you and Mary have put together another great DVD! This is a wonderful companion to "McDougall Made Easy". The recipes are easy, fast and most important, delicious! My family is now eating the "McDougall Way" most evenings and loving it! Our favorites are the Baked Penne Florentine and the Creamy Pasta Primavera. And those deserts are "out of this world"! And best of all...no cholesterol and very low-fat! Best Regards, Tim Tango

Your new DVD McDougall Made Irresistible is just that! It is a warm visit with you and Mary in your kitchen around Mary's stove as she waves her magic McDougall culinary wand while you teach, irresistible indeed! As I am on the 8th day of the McDougall program, "Irresistible" is the perfect companion to your McDougall Program book, reinforcing for me your devotion to a plant-based, low-fat diet, a welcome truth serum for an obese, diabetic, pill-dominated world. For family and friends dedicated enough to read your book, we'll share "Irresistible" to reinforce their reading. Thanks so much for your life's work and for sharing it with the world. Gratefully, Wayne Pendergrass.

I just received the new DVD today and couldn't help but watch it all the way through. I thought, they don't have to do this, they must be very well off financially but they want to share their knowledge to help all sick people get better and to help people prevent the rampant sicknesses of our time. I was very touched by your down to earth sharing, by your example of a great loving relationship. Of course the recipes look so delicious and healthy! I got so hungry watching. It gives me more confidence that I can get into the kitchen and do it too! I am a nurse in a rehab hospital. Recently I admitted a woman who had had open heart surgery just 6 days earlier. Her chest had the sternal incision and her poor little legs were bruised where they had inserted catheters and taken vessels. I felt so bad for her, knowing it could have been prevented! Thank you for your courageous work!!!! Sincerely, Ruth Kamen RN

"McDougall Made Irresistible" has great recipe ideas and timely comments on health issues from Dr. McDougall. I loved the first DVD with the same format, "McDougall Made Easy". I found one of my favorite lunch recipes--mock tuna salad. Thanks for more good ideas. This DVD is very engaging and makes the McDougall program delicious! Mary Hopkins

McDougall Made Irresistible is your best DVD to date. I have all of your DVDs. What makes this DVD special is there is such a wide variety of information and wonderful recipes. Mary does such an amazing job of making food easy to prepare and satisfying. It is wonderful to have the most current medical information on a DVD where I can go back to it for support. I am a visual learner. It helps me greatly to watch Mary making the recipes. If someone only made the soup recipes this DVD is a bargain. The support this DVD gives keeps one from feeling alone on this journey. I think I purchased your first book in either 1983 or 1984. I have followed your diet about 90% of the time. Because of this I have seen the difference between myself and those around me. I was in a auto accident 2 years ago. The nurse at the hospital told me they had my birthday wrong on the forms. She thought of was 12 years young than my age. She then brought the other nurses to see me. None of them could believe my skin. It was good comic relief for such a stressful event. This does show the difference in not eating fats and oils. I enjoyed your Dr McDougall Digestive Tune-Up. I am always surprised that more people don't post about it. It was very informative and fun. Thanks for sharing your knowledge, Eileen

My wife and I started "McDougalling" together about three years ago can say with certainty that we would NEVER go back to our old way of eating. A heartfelt thank you John and Mary for the tireless work that you do in your efforts to get the truth out about the poisoning of America. Because of your efforts, we both look forward to many more years of good health and vitality that would have been denied us had we continued eating the (seductive) standard American diet. Your latest work, "McDougall Made Irresistible" provides solid reinforcement of the "McDougall" principles and demonstrates in a very personal way that eating for health can be both fun and easy. Thank you for inviting us into your home and sharing this most valuable information. Congratulations and kudos to you both on your new video and please keep them coming! It's two big thumbs

up from the Etheridge's in Colorado. Now please excuse us while we run off to the store to buy all the ingredients for Marys' "Creamy Pasta Primavera" for supper tonight..... Jack and Evelyn Etheridge

We loved the new DVD and plan to encourage your other San Diego converts - Jack Forrest and Don Temesma - to get their own copy. It was just the right mix of medical and cooking information - both were very interesting, useful and instructive. It was a perfect refresher course for the one we attended in May. It was particularly nice to see the warm interrelation between you and Mary. We observed that for ourselves in Santa Rosa. We had Mary's sumptuous falafel for lunch today. It was just as Mary said - it was both easy to make and delicious. At this moment, Sondra is out shopping so she will have everything she needs to make Mary's Mayan black bean recipe for inner tomorrow. I'll look forward to that! Like you, John, I watch Sondra cook and enjoy the results. It's a great deal for me. With the McDougall diet as described on the DVD, I eat like a king and still have watched my trouser size go from 46-48 to 44. All the best, Robert N. Berk M.D.

Great DVD! I've already made my grocery list for next week so I can buy the ingredients to make up a batch of Mary's Baked Penne Florentine and a tray of "McDougall Burgers" (smile). We love watching Mary cook. I want to see her make some of my other favorite Mary McDougall recipes from past newsletters like her Tunisian Sweet Potato Stew, and her Caribbean Vegetable Stew. Can we talk her into taking requests for youtube videos? Keep up the great work. We love you. Valarie in Washington

I have every book, every Video, every DVD that you have ever made. I have been following your program for years and lead a very healthy life because of it. I just love when you come out with a new one and am probably one of the first to get it because I know what to expect. I can't wait to watch Mary cook and listen to your great advice. They just keep getting better and better. Watching the cooking lessons from the DVD is so much more meaningful than just reading a recipe. Mary does things with such ease and shows us that it is really quite simply to prepare a healthy vegan meal that is absolutely delicious. Why everyone doesn't eat this way is one of life's mysteries. So if anyone is hesitating buying the new DVD, don't give it another thought, it is worth every penny of it. Buy it instead of the money you are going to spend on junk food this weekend. It is a great investment in good health, and without good health, what else matters. Diana Ramsdell

Wow, it's awesome! Can't say enough about it. Every new publication and production out tops the last. Been McDougalling around 12 years and am always amazed at how much more I learn from each new book, lecture, or DVD. I feel so grateful to have become a McDougaller. Much appreciation is extended to Mary and Dr. McDougall for all their hard work, dedication, and genuine interest in helping us achieve optimal health. Wishing them continued success..... Meanwhile am on my way to buy some of the ingredients needed to make some of the delicious-looking recipes Mary prepared on the DVD." Rita Rovner

I thoroughly enjoyed watching your latest DVD, McDougall Made Irresistible, and didn't hesitate to enthusiastically recommend it to all the extended members of my family scattered around the country. As a vegan and long-time fan of yours, I'm probably closer to the choir than the general congregation, but I always learn something new from your lectures and my saliva glands kick into overdrive whenever I see you starting to chomp down on one of Mary McDougall's delicious recipes. As a guy, I do find the recipes too complicated for my skills and patience level, but they all look so good and of course good for you, besides I sure wish my wife would cook like your wife. Best regards, Bob Johnston

These McDougall recipes taste good. That is not always the case with health promoting cuisine. I once spent a considerable amount of time making a dish, by another health promoting individual, which tasted like a warm cow-pie smells. I have made several recipes by other people that my wife and I have just not enjoyed or were an effort to eat. This is not true for Mrs. and Dr. McDougall's recipes. They make the health promoting diet pleasurable and thereby doable. The recipes are easy to follow and the fixings are easy to find. I really appreciate the high production values in the DVD. I very much appreciate the encouraging health related information that gives me hope of living a longer, healthier, happier life. Thank you Dr. and Mrs. McDougall for your gift of life saving information and encouragement to so many people. The new DVD is a great addition to your catalogue. It's irresistible! Thank you. John Castleberry

John and Mary McDougall have done it again!!! This is the DVD you must have. Dr McDougall provides concise information on hot topics in Health and Nutrition. Mary McDougall demonstrates the great tasting, health promoting recipes that help us achieve our goals. I have only had the DVD for a few days, by so far the No Huevos Rancheros, Veggie Benedicts and Dal Soup are all winners. The McDougalls know what they are doing.

I love the new DVD with Mary cooking new things. I even emailed her and asked what kind of cookware she uses and she responded. I love the 'eggs benedict' and have cooked them for breakfast several times. Watching your DVDs (and I have several) of Mary cooking is ALMOST as good as being there in your live in program. I hope to be able to attend your 10 day program in 2008. I also have several of your DVD lectures and your

program book and several tapes. All the things I have cooked are wonderful. I found McDougall medicine (which is out of print) and am waiting for it to arrive. If controlling Type 2 diabetes is as simple as 'McDougall' why did my doctor start me on 3 different medications (which I am now off after 30 days). I love the new DVD and everyone should order it. Barbara Leary Oakridge Oregon

drool, drool, drool. Even my husband was saying 'I think I could make that'. Each and every recipe looks so delicious, and it really made a difference to me to see the recipes being made. I loved every minute of it and will be getting all the groceries I need to start cooking this weekend. Thank you so much for this DVD." Caroline Graettinger

John and Mary take the intimidation out of what to cook for guests or finicky children with this down-to-earth conversational style "cooking class" that even had my non-vegan husband wanting to make some of the recipes because they looked so good. Both John and Mary glow even in their 60's due to being excellent examples of being adherents to this lifestyle and will inspire you to keep faithful so you, too, can achieve the same results and not feel like a victim of advancing age. I truly have appreciated videos such as these so I can maintain this program myself since I don't have the blessing of being surrounded by supportive vegan friends and feel like people like the McDougall's and others like them are my surrogate "family" cheering me on. Living in a region where the #1 past-time is hunting, I need all the support I can get! Michele Martinez

My wife and I just received McDougall, Made Irresistible and thoroughly enjoyed it. It is nice to see the genuineness of you and your wife, not portrayed by actors! There is certainly nothing artificial there. Thanks for your help. Paul Ivey

I recently purchased your new DVD, "McDougall Made Irresistible". I have watched it several times and am very pleased with it. Your commentaries are easy to understand and Mary never fails to make the recipes look easy and delicious. I made the Easy Mayan Black Beans a few days ago. They were absolutely wonderful. I served them over baked polenta which we enjoyed very much. I have several of your previous DVDs and hope there will be more in the future. They are great. Nancy Lampe

The McDougall's latest DVD, "McDougall Made Irresistible," is outstanding. Just listening to the recipes makes your mouth water - I cannot wait to try them, and use some immediately for the upcoming holidays. Mary and John are so warm and personable; and, of course, Dr. McDougall's health advice is always welcomed and presented with real honesty and compassion. He truly enjoys helping others learn how to get well and stay well. I also have to compliment Dr. McDougall on his attire - the shirt colors were so flattering. He looked more handsome than ever! Hope I did not make him blush. You absolutely cannot go wrong in purchasing this DVD and following Dr. McDougall's health advice and Mary's healthy and wholesome recipes. I am looking forward to making these mouth-watering recipes. Thanks for all you do! Kathleen Daschke

Well all I can say is that the DVD was worth waiting for. It certainly is a feast on many levels - length, health advice, mouth-watering recipes and almost like sitting with you both in your own kitchen. As the DVD continued, I felt less and less like a viewer and more and more like a participant, sharing with friends! Can't wait to try the new recipes and will let you know how well they go down with me and mine! Kim Simpson Now that The DVD 'McDougall Made Irresistible' has finally arrived and I have had a chance to view it I have to say I really like the format. Dr. M and Mary chat informally in the kitchen and while he gives health advice Mary cooks some delicious meals and shows how easy they are to prepare. I find it very encouraging as I am the only McDougaller in our family. My husband and son are true meat eaters so I need all the encouragement I can get. This CD was a real boost for me to stay on the plan. Pat Millington

It's 1 a.m. EST and I just finished watching your new DVD - McDougall Made Irresistible. Just fabulous. Not only were the recipes mouth watering and healthy, but the interaction between the both of you was so natural and flowing, a delight to watch. I sat there with a smile on my face. I plan on sharing the DVD with my married children, most of whom are raising their children on plant based foods. Joanne Irwin

As in the first DVD, the recipes are easy to make and delicious. In this DVD the use of slightly more decadent (although healthy) ingredients are a real bonus. I'm sure these recipes will be more highly rated by my family and friends will more frequently ask for the recipes. As a result, many of the dishes will become standard fare at our house. I can't wait to start trying these recipes over the holidays - cooking healthy and delicious food is a wonderful way to celebrate the season. Sarah Keating M.D.

I really enjoyed watching McD Made Irresistible and making some of the recipes. This DVD, and the McD Made Easy DVD, show that the recipes are easy to make. Sometimes when you read a recipe it seems too complicated or seems to call for too many ingredients. By watching someone else make it, you can easily see that it's just not that complicated after all! I also enjoyed having the health information provided during the food

preparation. I would like to see just a little more depth to the health information. While I wouldn't want a long lecture on each of the health topics, I think more depth would be interesting. Perhaps at the end of Dr. McDougall's talk, he could offer a few Frequently Asked Questions with answers. These might be questions that his patients ask over and over again. I am also hoping that your next DVD project is McD Maximum Weight Loss Made Easy and Irresistible! I have not tried some of the recipes on the Made Easy and Irresistible DVDs because they do not fit the MWL principles (though some clearly do). A DVD devoted to MWL recipes and issues would be wonderful! Thank you for your continued support and encouragement for great health! Pam Stevens

I find these recipes particularly useful as I round out my repertoire of healthy meal plans. I figure I eat 1 thing for breakfast (oatmeal), about 2 things for lunch (hummus and salad, or vegetable stew or something similar) and 4 or 5 things for supper. The recipes on the McDougall Made Irresistible DVD are exactly what I am looking for to round out my supper menus, healthy, savory, and with wide appeal so that I can serve them week after week. I have been making Festive Dal Soup since Mary first published the recipe in the newsletter, and this is a good example of a terrific recipe for me, simple and consistently delicious. In the same way, one or two sauces, such as the Walnut and Peanut sauces on the DVD, allow me to serve potatoes and greens week after week, and they always satisfy. The recipes are so delicious, that I find that I actually crave these yummy recipes...they hearty meals are my new comfort foods. The brief presentations of medical issues cover the exact issues that are impacting my life. When I eat mindlessly, my blood pressure is high, my cholesterol goes up, and I worry about my osteopenia. I also am concerned about aging in general, as I reach my mid fifties. I find it encouraging and reassuring to have the updates on the DVD, especially as they relate to a healthy McDougall diet. When I tell people about my healthy lifestyle plan, they ask, "But what do you eat?" Now I can hand them the DVD, and tell them WHAT I eat and WHY I eat it! Pam Linnell

Everything about this video is outstanding; beautiful photography, heart warming dialogue between John and Mary, cooking demonstrations and great recipes. I highly recommend it. Ed Gibson

I am new to the concept of eating plant based whole foods exclusively. I read and re-read the China Study which started me on this quest. After making the decision to pursue this lifestyle change I was left with the ominous task of figuring out what to eat and where to buy it! That all changed when I went to the McDougall website. As I reviewed the various parts of the website, I kept waiting for the proverbial "sales pitch" which is so typical of the "Diet Industry" but instead, the underlying theme of every part of the site was simply to share the knowledge you have accumulated regarding the unhealthy reality of the Western diet. I was completely in awe and began printing various recipes to attempt preparing when I noticed the DVD information on McDougall Made Irresistible. I ordered it immediately and after watching it twice I can only say Thank You! The informal approach you take while sharing both the combination of clinical research you have accumulated in simple, understandable terms and Mary's visual preparation of the recipes while adding the little tips to make the outcome successful are just what I was looking for. Ken Dziedzic