



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

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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 lan-

guage, 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 - yuuuum!) 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 McDougall, 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 lifestyle 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. It's 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, mainstream, 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 trimings.....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 wonderful. 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 ver-

sion 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 won-

derful 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 re-enforcement 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 to-night..... 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