



## Prostate Trouble: Steps to Improving the Flow

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## Holiday Meal Planning

This time of year, the Thanksgiving and Christmas Holidays frighten many people who eat a healthy diet. They wonder how to socialize with friends and how to prepare a meal in their home. These two days are supposed to be the largest feasts of the year. Yet in fact, both dinners are the healthiest, most vegetarian-like, most McDougall-like meals people eat all year long. Traditionally, these holiday dinners consist of mashed white potatoes, roasted sweet potatoes, a bread stuffing, butternut and acorn squash, cranberries, and a variety of green vegetables, including Brussels sprouts, carrots, cauliflower, and green beans. For dessert, pumpkin pie ends the feast. That's a cornucopia of starches and vegetables. The turkey served is the leanest of all common meats. The truth is that every other dinner consumed by Westerners all year long is far richer in fat, cholesterol, salt and sugar than is eaten at these two traditional festivals. Therefore, if you are a healthy eater you will find Thanksgiving and Christmas the two most comfortable times of the year to socialize with all of your family and friends. I have laid out the menu, shopping list, and time schedule so that you will be able to more easily prepare a successful meal. **PAGE 9**

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## Report From the September 10-12, 2010 Advanced Study Weekend

Over 200 people attended this biannual McDougall event in Santa Rosa, California. As always the enthusiasm, education, food, and friendship were over the top—far greater than anyone expected. The event was sold out. The crowd agreed that this was the best advanced study weekend ever. See comments below. However, I (Dr. McDougall) will prove them wrong with the next event February 2011 - Don't miss it. **PAGE 13**

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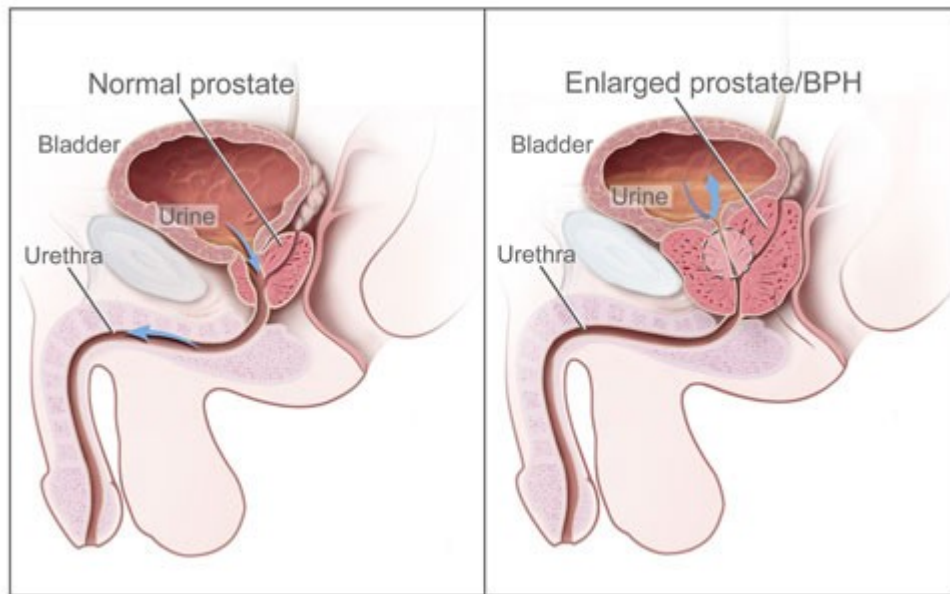
## Featured Recipes—Guest Chef Cathy Fisher

- **Corn Chowder**
- **Roasted Vegetable Salad with Creamy Dill Dressing**
- **Raw Apple Crumble**



## Prostate Trouble: Steps to Improving the Flow

The prostate, a gland the size and shape of a kiwifruit, is hidden from sight within the lower pelvis of a boy and a man, causing no notice until the later years of life. With the onset of puberty, male hormones, especially dihydrotestosterone, cause the prostate gland to grow and produce a slightly alkaline white fluid within which sperm live and swim until ejaculated through the urethra. This short tube, the urethra, passes from the bladder through the prostate gland and then into the penis. Overgrowth of this gland's cells as a man ages constricts the urethra and results in problems in passing urine.



Constriction of the urethra causes urgency, a weak stream, dribbling, hesitancy, and frequent urination during the day and at night. The condition is called "benign prostatic hyperplasia," abbreviated BPH. (Hyperplasia is a condition in which there is an increase in the number of normal cells but is not cancer.) Estimates are that 50 percent of men by 50 years of age, 60 percent by age 60, and as high as 80 percent by age 70 have clinically significant prostate hyperplasia. By age 80 nearly one man in four has undergone some type of surgery to relieve symptoms. When symptoms become sufficiently troublesome that they interfere with a man's enjoyment of life then something needs to be done.

### **The Western Diet Causes BPH**

Decades of overstimulation of the prostate, due to an excess of growth hormones (like IGF-1) and male hormones, causes an overgrowth of cells of the prostate gland. The over-consumption of dietary protein causes IGF-1 levels to rise.<sup>1</sup> This means that beef, pork, chicken, turkey, fish, cheese, and milk increase IGF-1 levels.<sup>2</sup> Even vegetarians need to be careful because isolated soy proteins, like those found in fake soy meats and cheeses, have a powerful effect on raising IGF-1 levels.<sup>3</sup> The intake of die-

tary fat and fiber (which is found only in plant foods) has a major influence on sex hormones, including estrogen and testosterone.<sup>4-14</sup> A low-fat, high-fiber diet decreases prostate-growth-stimulating male hormones. Furthermore, a healthy low-fat, starch-based diet and daily aerobic exercise reverses all hormone imbalances and excesses, preventing the development of BPH.<sup>15</sup>

A recent study comparing two populations of Chinese men (Han and Mongolian) found BPH to be almost twice as common in the Mongolians, who consumed more meat and dairy, than in the Hans.<sup>16</sup> An article in the April 2002 issue of the *American Journal of Clinical Nutrition* found a causal association between BPH and the intake of more calories, total protein, animal protein, and vegetable fat. Data on 51,529 men in the Health Professionals Follow-up Study was used for this study.<sup>17</sup> A study from Greece showed that an increase in butter and margarine increases the risk of BPH and that fruit intake reduces this risk.<sup>18</sup>

### **Treating BPH with Diet**

The scientific evidence shows that a healthy, low-fat, starch-based diet will prevent benign prostate hyperplasia. Furthermore, a healthy diet will lower prostate-growth-stimulating male hormones in men. Medications that reduce the effects of these same male hormones (such as finasteride, also known as Proscar and Propecia) have been shown to produce long-term symptomatic improvement, and to reduce the risk of urinary retention and the need for surgery in men with BPH.<sup>19</sup> Unfortunately, there have been few studies showing the direct benefits of a healthy diet on improving the lives of men with BPH.

Since abdominal obesity puts pressure on the bladder, weight loss can help relieve bladder symptoms. Toward this, diet and exercise will help. A small pilot study involving 15 men explored the effects of a flaxseed-supplemented, fat-restricted diet on the cellular proliferation rates in the prostate.<sup>20</sup> The men followed a low-fat diet (with fewer than 20 percent of the calories coming from fat for six months). A flaxseed supplement (30 g/day) was also added. Cholesterol and PSA levels decreased and there was no decrease in total testosterone. Of the 13 men who underwent repeat biopsy, the proliferation rates of the prostate cells decreased significantly.

My experience with men having BPH has been mixed. I have seen some men improve their urination after changing to the McDougall diet, but I have also seen men with BPH, especially once it has advanced, fail to respond to the low-fat, high-fiber, male hormone-correcting McDougall diet. These men have sometimes required further help.

### **The First Steps in Treating BPH**

The decision to treat BPH should be guided by the severity of the symptoms. In other words, passage of the urine must be sufficiently troublesome for the man to want to have something done. This is an indi-

vidual choice left to the well-informed patient.

However, there are some simple things that can be tried before taking more drastic steps. Restrict fluids, particularly prior to bedtime, which will help relieve the need to urinate at night. Avoid caffeinated beverages (coffee, colas and tea), which will help reduce the frequency of urination. Avoid alcoholic beverages and spicy foods, which can cause an increased excretion of urine (a diuresis). Get off of medications, especially diuretics that are commonly used to treat high blood pressure and cause frequent urination. In addition, discontinuing decongestants, antihistamines, and antidepressants that can interfere with the ability to pass the urine easily can be helpful. In general, any medication a man is taking should be suspect for causing problems with urination, and the patient and his doctor should consider a trial without medication when appropriate.

### **Natural Remedies Should Be Tried**

#### *Zinc Must Be Avoided*

Zinc is commonly recommended for prostate health because the prostate contains the highest concentration of zinc of all the soft tissues.<sup>21</sup> High-dose zinc supplements used in the treatment of age-related macular degeneration were found to increase the risk for BPH, kidney stones, urinary tract infection, and kidney failure.<sup>22</sup> Other large epidemiologic studies have found a potential relation between high-dose zinc from diet (meat) or supplements, and an increased risk for BPH and aggressive prostate cancer.<sup>23-25</sup> Zinc is also associated with an increased risk of heart disease.<sup>25</sup>

#### *Saw Palmetto Seems Effective*

Approximately 2.5 million men in the United States use saw palmetto extract, one of the top 10 best selling herbal supplements around the world.<sup>26</sup> The extract from the saw palmetto plant, *Serenoa repens*, has been tested in many studies. Based on a *Cochrane Review* this pharmacologically active extract was not more effective than placebo for treatment of urinary symptoms from BPH.<sup>27</sup> However, a review in the *Journal of the American Medical Association* came to a different conclusion, with the evidence suggesting that saw palmetto improves urologic symptoms and flow measures.<sup>28</sup> This herb was found to be as effective as prescription medication (finasteride) but with fewer adverse side [events](#).

#### *Pygeum Will Be Effective*

*Pygeum africanum*, the extract of the African prune tree, improves urologic symptoms and flows of men with BPH. Men using *Pygeum africanum* were more than twice as likely to report an improvement in overall symptoms; nighttime urination (nocturia) was reduced by 19%, residual urine volume by 24% and peak urine flow was increased by 23%.<sup>29</sup> Adverse effects due to *Pygeum africanum* were mild and comparable to placebo. Another review in the *American Journal of Medicine* found evidence that *P. afri-*

*canum* modestly, but significantly, improves urologic symptoms and flow measures.<sup>30</sup>

#### *Cernilton for BPH.*

Cernilton is a pollen extract from rye and has shown improvements for "self rated urinary symptoms" (percent reporting satisfactory or improving symptoms) compared to a placebo. Cernilton reduced nocturia but did not improve urinary flow rates, residual volume, or prostate size compared to placebo.<sup>31</sup>

#### *Plant Sterols Help*

Beta-sitosterol is one kind of many different sterols found in plants and has been used to inhibit the absorption of cholesterol from the intestine. In Europe it has also been used for the treatment of BPH. A *Cochrane Review* found that Beta-sitosterol improved urinary symptom scores and flow measures.<sup>32</sup> B-sitosterol did not reduce prostate size.

### **A Visit to the Doctor**

When the symptoms have become too troublesome to tolerate, a journey to a general doctor, such as a family practitioner or an internist (not to a specialist urologist) should be made. A history, including a medication history, and a physical examination, including digital rectal exam, are part of the basic evaluation for a man with suspected BPH. The PSA (prostate-specific antigen) test is often done for an assessment of prostate volume. However, caution should be heeded because this [unreliable test](#) often leads to a pursuit of the diagnosis of prostate cancer as well as the horrible tests and treatments that follow, all of which cause suffering and fail to prolong life. Be prepared to say "no" to further testing, including a biopsy, if the PSA is elevated.

A urinalysis (routine and microscopic) should be done. A finding of blood in the urine is common with BPH.

### **Prescription Drugs for BPH**

Alpha adrenoceptor blockers (antagonists), such as doxazosin, terazosin, alfuzosin, and tamsulosin, improve symptoms and peak urine flow of patients with BPH. The mechanism of action is unknown but doctors believe this medication relaxes the smooth muscles surrounding the urethra and at the bladder neck. These medications do not alter the natural progression of the disease (BPH).<sup>33,34</sup>

The alpha-reductase inhibitors (dutasteride and finasteride) are drugs that have an anti-androgen (male hormone) effect. They inhibit the conversion of testosterone to the active form of dihydrotestosterone. When the hormone levels [decrease](#), there may also be a decrease in the size of the prostate gland. These medications are effective in relieving the symptoms of BPH in some patients.

## The Last Step: The Urologist

If, after trying any and all of the above conservative measures, symptoms still persist, then a mechanical procedure to reduce the restriction of urine flow is the next step. Look to a surgeon, a urologist, when you cannot take it anymore. There are three procedures that are considered minimally invasive: transurethral microwave thermotherapy (TUMT), transurethral needle ablation (TUNA), and transrectal high intensity focused ultrasound (HIFU). All use heat produced by microwave or ultrasound to cause some of the prostate tissue to die and shrink away from the urethra, thereby increasing the size of the passageway for the urine. All three are office procedures considered equally effective and relatively safe.<sup>36</sup> These should be looked into first before considering more radical surgeries such as laser prostatectomy, transurethral resection of the prostate (TURP), or open prostatectomy (abdominal surgery). The kind of treatment you will be offered will depend, to a large extent, on the preference of the urologist you see. Therefore, it is very important to get several opinions before proceeding with any of these six kinds of invasive therapies.

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## Holiday Meal Planning

By Mary McDougall

A Reprint from the McDougall Newsletter - October 2005

This time of year, the Thanksgiving and Christmas Holidays frighten many people who eat a healthy diet. They wonder how to socialize with friends and how to prepare a meal in their home. These two days are supposed to be the largest feasts of the year. Yet in fact, both dinners are the healthiest, most vegetarian-like, most McDougall-like meals people eat all year long. Traditionally, these holiday dinners consist of mashed white potatoes, roasted sweet potatoes, a bread stuffing, butternut and acorn squash, cranberries, and a variety of green vegetables, including Brussels sprouts, carrots, cauliflower, and green beans. For dessert, pumpkin pie ends the feast. That's a cornucopia of starches and vegetables. The turkey served is the leanest of all common meats. The truth is that every other dinner consumed by Westerners all year long is far richer in fat, cholesterol, salt and sugar than is eaten at these two traditional festivals. Therefore, if you are a healthy eater you will find Thanksgiving and Christmas the two most comfortable times of the year to socialize with all of your family and friends. I have laid out the menu, shopping list, and time schedule so that you will be able

### **MENU:**

Creamy Pumpkin Soup (newsletter October 2004)

Success Tip: Prepare this up to two days ahead without the soy milk and refrigerate. Re-heat in microwave or on stovetop. Add the soy milk after the soup is heated through.

Tossed Green Salad with assorted dressings

Success Tip: Prepare dressings three to four days in advance and refrigerate. Or buy your favorite non-fat salad dressings. Buy organic baby greens in bags and toss in a bowl just before serving.

\* Holiday Stuffed Pumpkin (newsletter October 2004)

Success Tip: Buy pumpkin in October or early November for the best selection. Keep in a cool place. Buy extra pumpkins for use at other times during the winter months. Choose one of the many varieties available at this time of the year. One of my favorites is the "ghost" pumpkin with its white skin and orange flesh. The traditional pumpkin for carving a jack-o-lantern is not the tastiest choice for use as a stuffed pumpkin, although I have used them when nothing else was available. Clean the pumpkin the day before use and refrigerate, but do not stuff until just before baking. If you do not have enough room to refrigerate the cleaned pumpkin then clean it just before stuffing. Cube the bread the night before and allow it to sit out overnight so the bread dries out slightly. This step helps to make the stuffing mixture nicely moist, but not mushy.

\* Mashed Potatoes (newsletter July 2004 & October 2004)

Success Tip: Peel potatoes in the morning and store in water to cover until cooking time. Drain off all cooking water. Use a handheld electric mixer and add warmed soymilk while beating. Place mashed potatoes into a warmed bowl before serving. For garlic mashed potatoes, add some of the Elephant Garlic Spread to the potatoes while mashing.

**MENU Continued:**

Maple Mashed Sweet Potatoes (newsletter October 2004)

Success Tip: These may be made two days ahead of time and refrigerated in a covered casserole dish. Reheat in microwave just before serving.

\* Golden Gravy (newsletter October 2003)

Success Tip: This may be made a day ahead of time and reheated slowly on the stovetop, stirring frequently.

Rich Brown Gravy (newsletter October 2004)

Success Tip: Brown the onions and flour a day or two ahead of time, then cover and refrigerate. Finish the recipe as directed, realizing that it will take a bit more time for the liquid to heat through.

Whole Wheat & Sourdough Rolls with Elephant Garlic Spread (newsletter October 2004)

Success Tip: Order your rolls from Whole Foods or a bakery about one week early, then pick them up the day before the holiday. Make the garlic spread one or two days ahead of time and refrigerate until serving.

\* Cranberry Sauce (newsletter October 2004)

Success Tip: Make two to three days ahead of time and refrigerate until just before serving.

\* Green Beans

Success Tip: Trim beans the day before and store in the refrigerator. Wash just before steaming. I usually serve these plain with a bit of salt and pepper.

Brussels Sprouts with Creamy Caesar Salad Dressing (newsletter July 2003)

Success Tip: Trim these a day or two before cooking and store in the refrigerator. Wash before cooking. Most people like these best with some type of a sauce, although Heather and I like them plain with only a bit of salt. Make the dressing one to two days ahead and store in the refrigerator. Pour a small amount of the dressing over the cooked Brussels sprouts and toss just before serving.

\* Pumpkin Pie with Vanilla Cream Sauce (newsletter October 2003)

Success Tip: Make the pie and the sauce one day ahead and refrigerate until just before serving. We like this pie best chilled. If you like warm pumpkin pie, you will need to make this just before serving. The crust can be prepared one day early and refrigerated. Mix the filling ingredients together, cover and refrigerate overnight, then pour into the crust and bake. The vanilla sauce should be served chilled over the pie.

Wicked Chocolate Pie (newsletter October 2004)

Success Tip: Make this one day early and refrigerate. The toppings may be made two days ahead, if desired. This needs to be served chilled.

to more easily prepare a successful meal. The starred (\*) items are ones I suggest for a basic meal plan, and then add as many more dishes as you feel your Thanksgiving dinner needs to fit your celebration.

**SHOPPING TIPS:**

Shop for the non-perishable items about a week ahead of time. These are the canned and packaged products, such as vegetable broth, canned pumpkin, flour, silken tofu and any dried herbs and spices that you may need. Potatoes, sweet potatoes and garlic can be purchased ahead of time as long as you have a cool place to store them (not the refrigerator). Choose the menu items that you want to include for your Thanks-

giving feast, then look through the recipes. Check over this shopping list as you go through the recipes, and make sure you also have the pantry items available. Shop for your perishable items no more than 2 days before the holiday, if possible.

#### SHOPPING LIST

The following shopping lists are for the complete menu above. You will have to adjust the items needed depending on what you plan to prepare.

#### CANNED AND PACKAGED PRODUCTS

These may be purchased ahead of time and stored in your pantry or refrigerator.

- 4-5 boxes (32 oz.) vegetable broth
- 2 cans (15-16 oz.) pumpkin
- 1 jar (12 oz.) applesauce
- 3 containers (32 oz.) soy or rice milk
- 1 jar (8 oz.) pure maple syrup
- 5 packages (12.3 oz.) Lite Silken Tofu-Extra Firm
- 2 cups non-dairy chocolate chips
- 1 bag (16 oz.) Sukanat
- 1 jar (16 oz.) Wonderslim Fat Replacer
- 1 bag (16 oz.) frozen raspberries
- 1 cup unsalted roasted cashews
- 1 cup sliced almonds
- 1 container (32 oz.) orange juice
- 1 jar (4 oz.) capers

#### FRESH INGREDIENTS

The first nine ingredients may be purchased ahead of time. Buy the fresh vegetables and bread products the day before, if possible.

- 4 onions
- 1 bunch celery
- 1 head garlic
- 2 heads elephant garlic
- 5 pounds potatoes
- 3 pounds yams or sweet potatoes
- 1 bag fresh cranberries
- 1 small pumpkin (to serve the soup in-optional)
- 1 medium-large pumpkin
- Bagged organic baby greens
- 2 pounds green beans
- 2 pounds Brussels sprouts
- 1 large loaf whole wheat bread
- 6-8 whole wheat or sourdough rolls

#### PANTRY ITEMS NEEDED

These are used in several of the recipes and are things that you probably already have in your pantry. Check over this list and purchase anything that you don't have.

**Pantry Items Needed**

Tabasco sauce  
 Curry powder  
 Soy sauce (at least 1 cup)  
 Tahini  
 Vanilla  
 Whole wheat flour  
 Unbleached white flour  
 Cornstarch  
 Salt  
 Black pepper  
 Golden brown sugar  
 Sugar  
 Dijon mustard  
 Pumpkin pie spice  
 Cinnamon

Ground ginger  
 Ground cloves  
 Parsley flakes  
 Sage  
 Marjoram  
 Thyme  
 Bay leaves  
 Poultry seasoning  
 Rosemary  
 Soy Parmesan cheese  
 Lemon juice

**Time Schedule**

- 1 week ahead: Shop for non-perishable items and some of the perishable foods listed above.  
 Order rolls from bakery.
- 3 days ahead: Make salad dressings.  
 Make cranberry sauce.
- 2 days ahead: Shop for vegetables and whole wheat bread.  
 Make Creamy Pumpkin Soup.  
 Bake sweet potatoes or yams and prepare Maple Mashed Sweet Potatoes.  
 Make Elephant Garlic Spread.  
 Make Creamy Caesar Salad Dressing.  
 Make the raspberry sauce and the almond topping for the chocolate pie.
- 1 day ahead: Pick up the pre-ordered rolls.  
 Make the pumpkin pie and vanilla sauce.  
 Make the chocolate pie.  
 Trim the green beans and Brussels sprouts.  
 Make the Golden Gravy.  
 Partially make the brown gravy.  
 Cube the bread and allow to sit out overnight
- Thanksgiving (Morning): Peel potatoes and place in cold water to cover.  
 Clean out pumpkins.  
 Make stuffing mixture and stuff pumpkin.
- Thanksgiving (Afternoon): Take sweet potatoes and soup out of refrigerator.  
 Place pumpkin in oven and bake as directed.  
 Cook potatoes and mash.  
 Wash vegetables and cook.  
 Finish brown gravy and slowly reheat Golden Gravy.  
 Reheat mashed sweet potatoes.  
 Finish soup and heat.  
 Place baby greens in bowl. Serve with dressings.  
 Heat rolls and garlic spread.  
 Don't forget the cranberry sauce.



## Report From the September 10-12, 2010 Advanced Study Weekend

Over 200 people attended this biannual McDougall event in Santa Rosa, California. As always the enthusiasm, education, food, and friendship were over the top—far greater than anyone expected. The event was sold out. The crowd agreed that this was the best advanced study weekend ever. See comments below. However, I (Dr. McDougall) will prove them wrong with the next event February 2011 - Don't miss it.

**Sign up Now for the  
February 18 to 20, 2011 Advanced Study Weekend**

### Scheduled Guest Speakers for February 18 to 20, 2011

**T. Colin Campbell** author of *the China Study*. See: <http://www.thechinastudy.com>.

**Howard Lyman**, author of *the Mad Cowboy*. See: <http://www.madcowboy.com>.

**Michael Klapper, MD**, author of *Pregnancy, Children, and the Vegan Diet*.

**Lisa Bero, PhD**, Professor, Department of Clinical Pharmacy, School of Pharmacy and Institute for Health Policy Studies. She exposes the drug companies' shenanigans.

**Brenda Davis, RD**, author of *Becoming Vegetarian, The New Becoming Vegetarian, Defeating Diabetes, and Dairy-free and Delicious*. See: <http://www.brendadavisrd.com/>.

**Rip Esselstyn**, author of *the Engine 2 Diet*. See: <http://engine2diet.com>.

**Marc Sorenson**, Founder of the National Institute of Fitness, author of *Solar Power for Optimal Health*.

**The Chef and the Dietitian (Chef AJ and Julieanna Hever, MS,RD)**. See:  
YouTube: [http://www.youtube.com/results?search\\_query=the+chef+and+the+dietitian&q=0](http://www.youtube.com/results?search_query=the+chef+and+the+dietitian&q=0)

The September 10-12, 2010 Advanced Study Weekend can still be watched in its entirety via the Internet

[Buy Broadcast](#)

### Short Comments on the September Guest Speakers:

Dean Ornish, MD – Author and researcher on reversing heart disease and prostate cancer was the best we have ever seen him on stage. He said he agreed with Dr. McDougall 99%, when asked about his opinion on eating fish oils. <http://www.pmri.org/>

Daphne Miller, MD, University of California San Francisco was charming, informing, and entertaining. Her

worldwide journey studying people and their diets complimented the general McDougall belief in the human diet being a starch-based diet. Author of *The Jungle Effect: The healthiest diets from around the world*. <http://www.drdaphne.com/thejungleeffect/index.php>

Hans Diehl, PHD – founder of the CHIP Program (Coronary Health Improvement Program) gave two solid presentations on the the effects of diet on health and the pioneering work of the CHIP program. <http://www.sdachip.org/>

Michael Greger, MD – Author and Director of Public Health and Animal Agriculture of the Humane Society of the United States received a standing ovation for his two highly entertaining presentations on nutrition for 2009 and 2010. His lectures were so good that they will be made into a DVD for sale soon. <http://www.drgreger.org/>

John Robbins – Founder of EarthSave International and author of *Diet for a New America* and *Healthy at 100: The Scientifically Proven Secrets of the World's Healthiest and Longest-Lived Peoples*, charmed the audience with his personal stories and visions for a better world. <http://www.earthsave.org/>

Dan Pirraro – Creator of the international cartoon strip *Bizarro* and comedian. Started with a bit on erectile dysfunction and Cialis. He spent the remainder of the evening entertaining the audience with his cartoons incorporating vegan and animal cruelty themes. He is a professional standup comic. <http://www.bizarro.com/>

Doug Lisle, PhD, presented a new lecture: The Perfect Personality

Jeff Novick, RD, presented a new lecture: Nuts & Health: What The Science Really Says.

John McDougall, MD presented a new lecture: Diet and MS.

## Note of Upcoming Events

### 5-Day Program:

December 1 to 5, 2010

### 10-Day Live-in Programs:

January 7 to 16, 2011

March 18 to 27, 2011

June 10 to 19, 2011

### Costa Rica:

January 27 to February 3, 2011



## Featured Recipes

Guest Chef: Cathy Fisher

Cathy has worked with the McDougall Program since 2006 in a variety of capacities, including working at programs, writing and editing, and assisting with the Diet and Multiple Sclerosis study with Oregon Health and Science University. Most recently, she has been teaching cooking classes for the 10-Day residential McDougall Program in Santa Rosa, CA. Cathy returned to school in 2007 to study nutrition, and has been joyfully eating a healthy, plant-based diet since 1999.

## Corn Chowder

This easy-to-make corn chowder is deliciously sweet, and uses no dairy, butter, or salt. Fresh rosemary is a nice compliment to the sweetness of the corn and the hearty vegetables.

- ¼ cup water
- 1 yellow onion, diced
- 4 cups water
- 3 ribs celery, diced
- 2 carrots, diced
- 3 Yukon potatoes, skin on, diced
- 3 ears of corn kernels (or 2 10-oz. bags of frozen)
- 1 cup diced mushrooms (about 8 mushrooms)
- 1 cup non-dairy milk (soy, rice, almond, etc.)
- 1 ½ teaspoons garlic powder
- 1 teaspoon nutmeg
- 1-2 teaspoons dried basil
- 1-2 teaspoons fresh rosemary, minced

**Assembling the soup:** Sauté the onion in a quarter cup of water for a few minutes until soft. Add the 4 cups of water, celery and the carrots, and cook on med/high for 5-10 minutes. Add the potatoes, corn, mushrooms, non-dairy milk, garlic powder, nutmeg and basil, and cook until the potatoes are tender, about 20 minutes.

**Blending the soup:** If you want to create a creamier base for this chowder, place about a quarter of the soup into a blender or Vitamix, and blend until the consistency is smooth but still slightly lumpy. Return mixture to the pot and stir well. You can also use a potato masher right in the pot to give the soup a creamier texture, or you can leave the soup as is without doing any blending.

**Don't forget:** Add the fresh rosemary last and cook for 5 minutes longer. Serve hot.

*Preparation: 20 minutes; cooking time: 40 minutes; serves: 6*

**Notes:** When corn is in season, use fresh, sweet white corn. If it's not, you can use bags of frozen sweet corn. / Fresh garlic may be used as well, 1 to 2 cloves minced. / You may use fresh nutmeg or dried. If you use fresh, use a Microplane or spice grater.

## Roasted Vegetable Salad with Creamy Dill Dressing

This colorful salad features roasted and raw vegetables, beans, and a creamy dressing made with fresh dill, green onions and tofu. This salad is great for parties and potlucks.

**Dressing:**

- ½ cup soft-medium tofu
- 3 tablespoons lemon juice
- ½ cup non-dairy milk
- ½ teaspoon garlic powder
- ½ avocado, diced
- 2 green onions, chopped
- 2-3 tablespoons fresh dill



Vegetables:

6 small golden beets, washed, with skins on  
 1 small-medium red onion, diced  
 1 green and 1 yellow zucchini, diced  
 1 yellow and 1 red bell pepper, diced  
 1 cup cherry tomatoes cut in half  
 1 ½ avocado, diced  
 1 can salt-free Cannellini beans

Dressing: Combine the tofu, lemon juice, non-dairy milk, garlic powder, and avocado in a blender until smooth. Add in the chopped green onion and dill and blend for just a couple of seconds more (so little green pieces of dill and onion are still visible). Set aside. You can also make this ahead of time (or the night before) so that the flavors blend more thoroughly.

Roasting the vegetables: Preheat your oven to 375. Place the whole beets on a non-stick baking pan (with sides) and roast uncovered for 30 minutes. While the beets are roasting, dice the onion, zucchini, and bell pepper. Remove the pan, turn the beets over, and add the diced vegetables to the pan and roast everything for an additional 15-20 minutes, or until the diced vegetables start to brown slightly at their tips, and a knife slides into the beets easily. While the vegetables are finishing roasting, place the tomatoes, avocado and beans into a large mixing bowl. Cool the beets a little before peeling and dicing them.

Assembling the salad: Add the roasted vegetables to the bowl of tomatoes, avocado and beans, and toss with about half the dressing (add more dressing to your taste). Serve warm or cold.

*Preparation: 20 minutes; cooking time: 50 minutes; serves: 6*

Notes: You can use red beets, but they will color your salad red. / If you use larger beets, they will need longer cooking time. / This salad may also be made with all the same salad ingredients, but raw (grate the peeled beets and zucchini, and dice the onion and bell pepper). / Use any leftover dressing on green salads or baked potatoes, or as a vegetable dip.

## Raw Apple Crumble

This is a great dessert because it's easier and faster to make than an apple pie or crisp, and requires no baking. Instead of refined sugars, this recipe uses dates for sweetness, and lemon juice and nutmeg for that extra zing.

Topping:

1 cup walnuts  
 4 pitted dates

Apple filling:

3 apples, peeled, sliced and large diced  
 1 tablespoon lemon juice  
 2 apples, peeled, sliced and large diced  
 2 tablespoons lemon juice  
 6 pitted Medjool dates  
 ¼ cup raisins  
 ¼ teaspoon cinnamon  
 ¼ teaspoon nutmeg



Topping: Blend the walnuts and 4 dates in a food processor until the texture is a little smaller than Grape



Nuts. Spoon into a small bowl and set aside.

Filling: Toss the 3 peeled, sliced and diced apples with 1 tablespoon of lemon juice and set aside in a bowl. Next, in the food processor, blend the remaining 2 apples, 2 tablespoons of lemon juice, 6 pitted dates, raisins, cinnamon, and nutmeg. Toss this mixture with the sliced apples.

Serve: Place one-fourth of the apple filling into a small dessert dish and sprinkle with date-nut topping. Serves 4.

*Preparation: 15 minutes; cooking time: 0 minutes; serves: 4*

Notes: Use a good eating apple, such as a Gala, Fuji or Pink Lady in this recipe.