



Volume 5 Issue 12

**Advanced Study Weekend**

**2007**



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**AND**

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### **An Inconvenient Truth: We Are Eating Our Planet To Death**

Have you felt helpless as the earth warms? As followers of the McDougall Diet, we have the power to cause hard-fought changes that will slow global warming. And it is not too late. Our success hangs upon whether or not we can convince very large numbers of people to make the morally responsible decision to follow a plant-food based diet. You and I, who already live on oatmeal, pasta salads, and bean burritos, have had eating experiences which allow us to see the world differently. **PAGE 2**

### **Global Warming Strategy by Noam Mohr**

Global warming poses one of the most serious threats to the global environment ever faced in human history. Yet by focusing entirely on carbon dioxide emissions, major environmental organizations have failed to account for published data showing that other gases are the main culprits behind the global warming we see today. **PAGE 6**

### **Favorite Five**

#### **My favorite articles found in recent medical journals**

- Low-fat, Plant-food Diet Slows Breast Cancer
- Mammograms Fail Women from Age 40 Years
- Raw Food Vegetarian Diet Protects Us from Cancer
- Low-carb, High-protein Diets Reduce Survival
- Herbal Valerian for Sleep **PAGE 12**

### **Featured Recipes**

- Tomatillo Chili
- Thai Green Curry Rice
- Chipotle Pumpkin Soup
- Mexican Bean and Rice Soup
- Tofu Vegetable Patties with Mushroom Sauce
- Mushroom Sauce **PAGE 16**

### **Comments on new McDougall Made Easy DVD**

We just got through viewing your new DVD and we are amazed how much we learned. Thank you for reviewing your health lessons and demonstrating all the delicious looking and easy-to-prepare recipes. Seeing the food actually prepared was very helpful. Great job, Mary. We can't wait to try the recipes out. **PAGE 19**

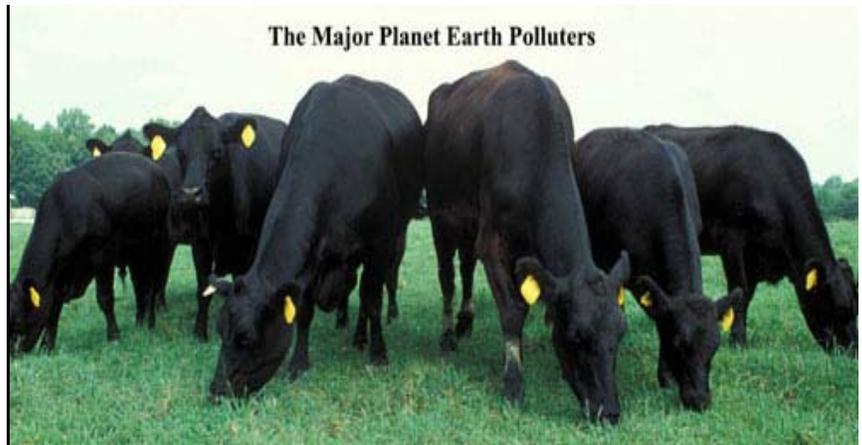
## An Inconvenient Truth: We Are Eating Our Planet to Death Choosing a Plant-food Based Diet Is a Moral Issue

*This is the one newsletter I hope you will find  
worth forwarding to everyone you know.*

 [e-mail to a friend](#)

Have you felt helpless as the earth warms? As followers of the McDougall Diet, we have the power to cause hard-fought changes that will slow global warming. And it is not too late. Our success hangs upon whether or not we can convince very large numbers of people to make the morally responsible decision to follow a plant-food based diet. You and I, who already live on oatmeal, pasta salads, and bean burritos, have had eating experiences which allow us to see the world differently. Our friends, family, and co-workers haven't a clue—they cannot imagine life without beefsteak, fried chicken, and cheese. So, the opportunity is ours to take.

According to the 2006 UN report, global production of meat and milk will more than double by 2050. We cannot let this happen. Our planet is already being devastated. Long-overdue changes based on the truth could halve livestock usage by 2015



To become prepared, there are two things I am asking you to do: First, watch Al Gore's documentary, *An Inconvenient Truth*, (now on DVD; Transcript: at <http://www.hokeg.dyndns.org/AITruth.htm>), and then read the introduction (at least) to the 2006 United Nations report, *Livestock's Long Shadow*. Armed with this information you will be able to make a real difference, beginning with the people closest to you. Our mission is to cause a dietary revolution; an uprising essential for cooling the planet.

"It means if there is something wrong, those who have the ability to take action, have the responsibility to take action."

Nicolas Cage  
(2004)

From the movie, *National Treasure*, interpreting the meaning of this sentence from the Declaration of Independence, "But when a long train of abuses and usurpations, pursuing invariably the same Object evinces a design to reduce them under absolute Despotism, it is their right, it is their duty, to throw off such Government, and to provide new Guards for their future security."

Global warming is the most serious challenge facing the human race. Al Gore's warnings in *An Inconvenient Truth* deserve your urgent attention—this is not another Y2K or Mad Cow scare—this is the real thing. "But how accurate are some of the scientific claims made in the documentary? In an attempt to clear the air, [National Geographic News](#) checked in with Eric Steig, an earth scientist at the University of Washington in Seattle, who saw *An Inconvenient Truth* at a preview screening. He says the documentary handles the science well. 'I was looking for errors,' he said. 'But nothing much struck me as overblown or wrong.'"

Buying a hybrid car and switching to energy efficient light bulbs are important, but these actions pale in consequence compared to the effects we can get by causing planet-wide, dietary changes. **Present levels of meat- and dairy-eating may become synonymous with death to our civilization.** We stand on a precipice—the planet is ours to save.

### **Livestock's Long Shadow**

According to a report, *Livestock's Long Shadow –Environmental Issues and Options*, released in November of 2006 from the United Nations Food and Agriculture Organization, livestock\* emerges as one of the top two or three most significant contributors to every one of the most serious environmental problems. (The release of this report was not covered by any of the major news outlets, only a few mentions are found on the Internet.)

\*livestock refers to beef cattle, dairy cattle, chickens, pigs, and a few other animals domesticated for food uses.



[The UN Report](#)

**The Following Are Some of the Findings from the UN Report:**

### ***Atmospheric Damage***

Animal agriculture is responsible for 18 percent of the world's greenhouse gas emissions as measured in CO2 equivalents. By comparison, all transportation emits 13.5% of the CO2. In addition to CO2, environmentally toxic gases produced by livestock include nitrous oxide, methane, and ammonia generated from the animals' intestines—belching, flatus, and manure. The report says "The impact is so severe that it needs to be addressed with urgency."

Livestock:

- ✓ Produces 65 percent of human-related nitrous oxide, which has 296 times the Global Warming Potential (GWP) of CO2.
- ✓ Accounts for 37 percent of all human-induced methane (which is 23 times as warming as CO2).
- ✓ Generates 64 percent of the ammonia, which contributes to acid rain and acidification of ecosystems.

### ***Land Damage***

- ✓ The total area occupied by grazing livestock is equivalent to 26 percent of the ice-free terrestrial surface of the planet. In addition, the total area dedicated to producing feed crops for these animals
- ✓ Clearing forests to create new pastures is a major source of deforestation, especially in Latin America where, for example, some 70 percent of former rainforests in the Amazon have been turned over to grazing. The forests are the major "sinks" for removing the greenhouse gases from the atmos-

### ***Water Damage***

The livestock business is among the most serious users of the earth's increasingly scarce water resources; in addition, contributing to water pollution, excessive growth of organisms, depletion of oxygen, and the de-

- ✓ The major water-polluting agents are animal wastes, antibiotics, hormones, chemicals from tanneries, fertilizers, and the pesticides used to spray feed crops.
- ✓ In the United States livestock is responsible for 55 percent of the erosion and sediment, 37 percent of the pesticide use, 50 percent of the antibiotic use, and a third of the load of nitrogen and phos-
- ✓ Widespread overgrazing disturbs water cycles, reducing replenishment of above and below ground water resources. Significant amounts of water are withdrawn for the production of feed.

### ***Species Loss***

- ✓ Livestock's very presence in vast tracts of land and its demand for feed crops also contribute to loss of other plants and animals; livestock is identified as a culprit in 15 out of 24 important ecosystems that are assessed as in decline. The loss of species is estimated to be running 50 to 500 times

## Is Change Realistic?

Al Gore wants us to switch to more efficient forms of transportation, not to give up our cars overnight. An enthusiastic campaign to reduce our dependency on livestock would not have as a primary goal making everyone become vegan (eliminating all animal foods); but more realistically, to cut the consumption of meat and dairy products—say, in half in 8 years. That could mean something as simple as asking people following the Western diet to consume on average two to three times more mashed potatoes (or other starchy vegetables) daily, instead of their usual animal-based foods—I believe this is not too much to request in order to save the earth!

## Al Gore Does Not Discuss the Role of Food Animals

Not once during the 96 minute presentation, *An Inconvenient Truth*, did Al Gore mention animal foods as a cause of global warming or suggest any form of management of livestock as a solution. This oversight would be similar to not mentioning cigarette smoking in a discussion of lung cancer. With all due respect to Al Gore, I must speculate as to why he ignored this essential connection. Ignorance could not have been the reason. Catastrophic damage to our environment from livestock, especially cattle, has been recognized for decades. Nor do I believe his exclusion of this topic was for political correctness. His documentary is filled with unrestrained challenges to almost every segment of business and society. Al Gore is a brave and honest man, but he has human frailties, too.

Al Gore identified one reason for his leaving out the livestock connection in his documentary when he said, "You know more than a hundred years ago, Upton Sinclair wrote this: 'It's difficult to get a man to understand something if his salary depends on him not understanding it.'" Al Gore has been involved in the business of raising Black Angus cattle for most of his life. Today quite a few Angus breeders from around the country are among his closest friends.

To explain the second source of his blindness to livestock's role in global warming, I offer one of my personal quotes, "People love to hear good news about their bad habits." With no intention to offend, I must point out that Al Gore's physical appearance reflects overindulgence in the Western diet—filled with meat, chicken, seafood, milk, and cheese. To speak plainly, he cannot see over his own dinner plate.

Al Gore is a giant, defending the truth. I am confident he will not let his personal life stand in the way of his mission—whether or not he himself changes to a plant-food based diet.

\*Contact Al Gore about his oversight on the global impact of livestock:

The Office of the Honorable Al Gore  
2100 West End Avenue  
Suite 620  
Nashville, TN 37203

Or call him at (615) 327-2227

No e-mail address for Al Gore

At <http://www.algore.com/> you can send a note through Al Gore to your representatives in congress. Ask them to help Americans give up their meat to save the world.

### **Does Global Warming Matter Enough?**

For forty years I have believed people would rise up and take action once they realized that the vast majority of human sickness and suffering in developed countries is due to eating animal foods. The masses have remained quiet. For the past decade I have witnessed the growing epidemic of childhood obesity—a misery caused largely by the fast food giants. All this time I have waited for informed citizens to rise up in protest, or at the very least, to boycott the perpetrators of this child abuse. The sellers of easily procured beef burgers and milk shakes thrive uncontested by a single one of us.

Until now, inaction meant other people and their children became fat, sick and died prematurely—somehow, we have been able to live with those immoralities. The inconvenient truth is that most human beings find the destruction of fellow human beings, even little ones, acceptable. You can assume these same people will sit idly by and let the entire earth be destroyed. But we cannot let this happen, because this is our world, too. This time, failure to act means we and our children will be lost, along with those who do not seem to understand or care.

The Reverend Martin Luther King Jr. warned that “our lives begin to end the day we become silent about things that matter.” Nothing matters more than solving global warming. Those of us—meaning you and I (experts or not)—who have the ability to take action, have the responsibility to take action.

### **Please Help with the Solution**

Over the next month, during every spare moment, think about this crisis. (I have been able to think of little else myself recently.) Watch Al Gore’s DVD, read the UN report, and Noam Mohr’s article in this newsletter. If you have not done so already, stop (or reduce) eating meat, poultry, fish and dairy—ask your family and friends to do the same and tell them why. Mail your thoughts to me at [drmcDougall@drmcDougall.com](mailto:drmcDougall@drmcDougall.com). Next month’s (January 2007) newsletter will reflect our collective efforts for meaningful ways to move forward.

“Everything we need to do to save it (earth) is something we should be doing for other reasons anyway. We have everything we need already to start saving it with the possible exception of the will to act. But in the United States of America that is a renewable resource.”

Al Gore’s concluding remarks on the December 5, 2006 Oprah Winfrey show.

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## **A New Global Warming Strategy: How Environmentalists are Overlooking Vegetarianism as the Most Effective Tool Against Climate Change in Our Lifetimes**

**by Noam Mohr**

### **Summary**

Global warming poses one of the most serious threats to the global environment ever faced in human history. Yet by focusing entirely on carbon dioxide emissions, major environmental organizations have failed to account for published data showing that other gases are the main culprits behind the global warming we see today. As a result, they are neglecting what might be the most effective strategy for reducing global warming in our lifetimes: advocating a vegetarian diet.

## Global Warming and Carbon Dioxide

The environmental community rightly recognizes global warming as one of the gravest threats to the planet. Global temperatures are already higher than they've ever been in at least the past millennium,<sup>1</sup> and the increase is accelerating even faster than scientists had predicted.<sup>2</sup> The expected consequences include coastal flooding, increases in extreme weather, spreading disease, and mass extinctions.

Unfortunately, the environmental community has focused its efforts almost exclusively on abating carbon dioxide (CO<sub>2</sub>) emissions. Domestic legislative efforts concentrate on raising fuel economy standards, capping CO<sub>2</sub> emissions from power plants, and investing in alternative energy sources. Recommendations to consumers also focus on CO<sub>2</sub>: buy fuel-efficient cars and appliances, and minimize their use.<sup>3,4</sup>

This is a serious miscalculation. Data published by Dr. James Hansen and others<sup>5</sup> show that CO<sub>2</sub> emissions

Noam Mohr is a physicist with degrees from Yale and Penn. He has worked on global warming campaigns for the U.S. Public Interest Research Group, for which he published several reports on climate change and fuel economy standards, including *Flirting with Disaster*, *Pumping Up the Price*, and *Storm Warning*. He has also served as state legislative specialist for the Humane Society of the United States.

are not the main cause of observed atmospheric warming. Though this may sound like the work of global warming skeptics, it isn't: Hansen is Director of NASA's Goddard Institute for Space Studies who has been called "a grandfather of the global warming theory."<sup>6</sup> He is a longtime supporter of action against global warming, cited by Al Gore<sup>7</sup> and often quoted by environmental organizations, who has argued against skeptics for subverting the scientific process.<sup>8</sup> His results are generally accepted by global warming experts, including bigwigs like Dr. James McCarthy, co-chair of the International Panel on Climate Change's Working Group II.<sup>9</sup>

The focus solely on CO<sub>2</sub> is fueled in part by misconceptions. It's true that human activity produces vastly more CO<sub>2</sub> than all other greenhouse gases put together. However, this does not mean it is responsible for most of the earth's warming. Many other greenhouse gases trap heat far more powerfully than CO<sub>2</sub>, some of them tens of thousands of times more powerfully.<sup>10</sup> When taking into account various gases' global warming potential—defined as the amount of actual warming a gas will produce over the next one hundred years—it turns out that gases other than CO<sub>2</sub> make up most of the global warming problem.<sup>11</sup>

Even this overstates the effect of CO<sub>2</sub>, because the primary sources of these emissions—cars and power plants—also produce aerosols. Aerosols actually have a cooling effect on global temperatures, and the magnitude of this cooling approximately cancels out the warming effect of CO<sub>2</sub>.<sup>12</sup> The surprising result is that sources of CO<sub>2</sub> emissions are having roughly zero effect on global temperatures in the near-term!<sup>13</sup>

This result is not widely known in the environmental community, due to a fear that polluting industries will use it to excuse their greenhouse gas emissions. For example, the Union of Concerned Scientists had the data reviewed by other climate experts, who affirmed Hansen's conclusions.<sup>14</sup> However, the organization also cited climate contrarians' misuse of the data to argue against curbs in CO<sub>2</sub>.<sup>15</sup> This contrarian spin cannot be justified.

While CO<sub>2</sub> may have little influence in the near-term, reductions remains critical for containing climate change in the long run. Aerosols are short-lived, settling out of the air after a few months, while CO<sub>2</sub> continues to heat the atmosphere for decades to centuries. Moreover, we cannot assume that aerosol emissions will keep pace with increases in CO<sub>2</sub> emissions.<sup>16</sup> If we fail to start dealing with CO<sub>2</sub> today, it will be too late down the road when the emissions catch up with us.

Nevertheless, the fact remains that sources of non-CO<sub>2</sub> greenhouse gases are responsible for virtually all the global warming we're seeing, and all the global warming we are going to see for the next fifty years. If we wish to curb global warming over the coming half century, we must look at strategies to address non-CO<sub>2</sub> emissions. The strategy with the most impact is vegetarianism.

### **Methane and Vegetarianism**

By far the most important non-CO<sub>2</sub> greenhouse gas is methane, and the number one source of methane worldwide is animal agriculture.<sup>17</sup>

Methane is responsible for nearly as much global warming as all other non-CO<sub>2</sub> greenhouse gases put together.<sup>18</sup> Methane is 23 times more powerful a greenhouse gas than CO<sub>2</sub>.<sup>19</sup> While atmospheric concentrations of CO<sub>2</sub> have risen by about 31% since pre-industrial times, methane concentrations have more than doubled.<sup>20</sup> Whereas human sources of CO<sub>2</sub> amount to just 3% of natural emissions, human sources produce one and a half times as much methane as all natural sources.<sup>21</sup> In fact, the effect of our methane emissions may be compounded as methane-induced warming in turn stimulates microbial decay of organic matter in wetlands—the primary natural source of methane.<sup>22</sup>

With methane emissions causing nearly half of the planet's human-induced warming, methane reduction must be a priority. Methane is produced by a number of sources, including coal mining and landfills—but the number one source worldwide is animal agriculture.<sup>23</sup> Animal agriculture produces more than 100 million tons of methane a year.<sup>24</sup> And this source is on the rise: global meat consumption has increased fivefold in the past fifty years, and shows little sign of abating.<sup>25</sup> About 85% of this methane is produced in the digestive processes of livestock,<sup>26</sup> and while a single cow releases a relatively small amount of methane,<sup>27</sup> the collective effect on the environment of the hundreds of millions of livestock animals worldwide is enormous. An additional 15% of animal agricultural methane emissions are released from the massive "lagoons" used to store untreated farm animal waste,<sup>28</sup> and already a target of environmentalists' for their role as a primary source of water pollution in the U.S.<sup>29</sup>

The conclusion is simple: arguably the best way to reduce global warming in our lifetimes is to reduce or eliminate our consumption of animal products. Simply by going vegetarian (or, strictly speaking, vegan),<sup>30,31,32</sup> we can eliminate one of the major sources of emissions of methane, the greenhouse gas responsible for almost half of the global warming impacting the planet today.

### **Advantages of Vegetarianism over CO<sub>2</sub> Reduction**

In addition to having the advantage of immediately reducing global warming, a shift away from methane-emitting food sources is much easier than cutting carbon dioxide.

First, there is no limit to reductions in this source of greenhouse gas that can be achieved through vegetarian diet. In principle, even 100% reduction could be achieved with little negative impact. In contrast, similar cuts in carbon dioxide are impossible without devastating effects on the economy. Even the most ambitious carbon dioxide reduction strategies fall short of cutting emissions by half.

Second, shifts in diet lower greenhouse gas emissions much more quickly than shifts away from the fossil fuel burning technologies that emit carbon dioxide. The turnover rate for most ruminant farm animals is one or two years, so that decreases in meat consumption would result in almost immediate drops in methane emissions. The turnover rate for cars and power plants, on the other hand, can be decades. Even if cheap, zero-emission fuel sources were available today, they would take many years to build and slowly replace the massive infrastructure our economy depends upon today.

Similarly, unlike carbon dioxide which can remain in the air for more than a century, methane cycles out of the atmosphere in just eight years, so that lower methane emissions quickly translate to cooling of the earth.

Third, efforts to cut carbon dioxide involve fighting powerful and wealthy business interests like the auto and oil industries. Environmental groups have been lobbying for years to make fuel-efficient SUVs available or phase out power plants that don't meet modern environmental standards without success. At the same time, vegetarian foods are readily available, and cuts in agricultural methane emissions are achievable at every meal.

Also, polls show that concern about global warming is widespread, and environmental activists often feel helpless to do anything about it. Unless they happen to be buying a car or major appliance, most people wanting to make a difference are given little to do aside from writing their legislators and turning off their lights. Reducing or eliminating meat consumption is something concerned citizens can do every day to help the planet.

Finally, it is worth noting that reductions in this source of greenhouse gas have many beneficial side effects for the environment. Less methane results in less tropospheric ozone, a pollutant damaging to human health and agriculture.<sup>33</sup> Moreover, the same factory farms responsible for these methane emissions also use up most of the country's water supply, and denude most of its wilderness for rangeland and growing feed. Creating rangeland to feed western nations' growing appetite for meat has been a major source of deforestation and desertification in third world countries. Factory farm waste lagoons are a leading source of water pollution in the U.S. Indeed, because of animal agriculture's high demand for fossil fuels, the average American diet is far more CO<sub>2</sub>-polluting than a plant-based one.<sup>34</sup>

## **Recommendations**

- ③ Organizations should consider making advocating vegetarianism a major part of their global warming campaigns. At a minimum, environmental advocates should mention vegetarianism in any information about actions individuals can take to address global warming.
- ③ Government policy should encourage vegetarian diets. Possible mechanisms include an environmental tax on meat similar to one already recommended on gasoline, a shift in farm subsidies to encourage plant agriculture over animal agriculture, or an increased emphasis on vegetarian foods in government-run programs like the school lunch program or food stamps.

## ENDNOTES

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- 1 Some examples: U.S. PIRG's global warming site (<http://uspirg.org/uspirg.asp?id2=5235>) advocates increasing fuel efficiency standards, capping CO<sub>2</sub> from power plants, shifting investments from fossil fuels, and ratifying the Kyoto Protocol. The Sierra Club global warming site (<http://www.sierraclub.org/globalwarming/overview/solutions.asp>) advocates energy efficiency in cars, power plants, and increasing solar and wind energy. The Natural Resources Defense Council (<http://www.nrdc.org/globalWarming/gsteps.asp>) recommends energy-efficient appliances, fuel efficient cars, compact fluorescent light bulbs, planting trees, weatherizing your home, and contacting your representatives. The Union of Concerned Scientists' site ([www.ucsusa.org](http://www.ucsusa.org)) recommends curbing our consumption of fossil fuels, using technologies that reduce emissions, and protecting the world's forests.
- 2 It's worth noting that buying fuel efficient cars and light trucks do not directly reduce carbon dioxide emissions. Because auto manufacturers are bound only by fleet-wide averages, every low-gas-mileage car sold simply allows them to sell another gas guzzler. However, choosing efficiency is not for naught: demand for fuel efficiency may help drive technological innovation and reduce industry opposition to improved fuel economy standards. Moreover, since cars have stricter standards than light trucks, it is always better to buy the former.
3. Hansen, James E. et al., "Global warming in the twenty-first century: An alternative scenario," Proceedings of the National Academy of Sciences, vol. 97, no. 18, 29 Aug. 2000, p. 9876, 5.
4. Llanos, Miguel, "'Alternative' view offered on battling climate change; NASA scientist: CO<sub>2</sub> still a factor but other gases are key", MSNBC News – Environment, 31 Aug. 2000, <http://www.msnbc.com/news/447151.asp>.
5. Gore, Albert, *Earth in the Balance*, Houghton Mifflin Co., 2000, p. 176.
6. Hansen, James E., "The Global Warming Debate", NASA Goddard Institute for Space Studies Education, <http://www.giss.nasa.gov/edu/gwdebate/>.
7. Moser, Susi, "Review of Hansen et al.: 'Global warming in the twenty-first century: An alternative scenario'", Information Update, The Union of Concerned Scientists, September 2000, p.2, <http://www.ucsusa.org/documents/reviewofalt.pdf>.
8. SF<sub>6</sub> has a global warming potential 23,900 times that of carbon dioxide. HFC-23 has a global warming potential 11,700 times that of carbon dioxide. "Global Warming Potentials", National Emissions, U.S. Environmental Protection Agency, <http://www.epa.gov/nonco2/econ-inv/table.html>.
9. Hansen, James E. and Makiko Sato, "Trends of measured climate forcing agents", Proceedings of the National Academy of Sciences, vol. 98, no. 26, 18 Dec. 2001, p. 14778-14783, <http://www.pnas.org/cgi/content/full/98/26/14778>. The estimated climate forcing of carbon dioxide from 1850 to 2000 is 1.4 W/m<sup>2</sup>, while the combined forcings of methane, CFCs, nitrous oxide, and tropospheric ozone is 1.6 W/m<sup>2</sup> when indirect effects via water and ozone are taken into account.
10. Hansen and Sato, supra note 11. Estimated climate forcing of aerosols from 1850 to 2000, is -1.5 W/m<sup>2</sup>, larger than the positive forcing of carbon dioxide. Admittedly, estimates of aerosol forcing have large uncertainties; however, there are as likely to be too low as too high. Among aerosols, black carbon warms the atmosphere, both by absorbance and through semi-direct dirty cloud and snow effects, while sulfates, nitrates, and organic aerosols have a cooling effect, both by directly reflecting sunlight and by indirectly making clouds less bright and reducing cloud cover. Hansen, et al., supra note 5.
11. However, Hansen points out that "Offsetting of global mean forcings does not imply that climate effects are negligible." Hansen, et al., supra note 5.

12. Moser, p. 1-2, supra note 9.

13. Moser, p. 4, supra note 9.

14. Hansen, et al., supra note 5.

15. Animal agriculture is also a major source of nitrous oxide emissions, another important greenhouse gas 310 times more powerful than carbon dioxide. 73% of U.S. emissions of nitrous oxide come from animal grazing, manure management, and crop growing practices—with half of U.S. crops grown for livestock feed. Agricultural emissions of nitrous oxide in the U.S. increased 9% from 1990 to 2002. "Inventory of U.S. Greenhouse Gas Emissions: 1990-2002," EPA 430-R-04-003, U.S. Environmental Protection Agency, 15 April 2004, p. ES-16, <http://www.epa.gov/globalwarming/publications/emissions>.

16. Hansen and Sato, supra note NOTEREF\_Ref90104934 \h 11. Estimated climate forcing of methane from 1850 to 2000 is 0.7 W/m<sup>2</sup>, while estimated forcing of CFCs, tropospheric ozone, and nitrous oxide combined is 0.9 W/m<sup>2</sup>.

17. "Global Warming Potentials", supra note 10.

18. Atmospheric CO<sub>2</sub> concentrations have risen from 278 parts per million (ppm) in 1750 to 365 ppm in 1998. Atmospheric concentrations of methane have increased by 149% since 1750, from .700 ppm to 1.745 ppm. "Emissions of Greenhouse Gases in the United States 2002", Chapter 1, Energy Information Administration, U.S. Department of Energy, October 2003, <http://www.eia.doe.gov/oiaf/1605/ggrpt>.

19. Natural sources emit 770 billion metric tons of CO<sub>2</sub>, and 239 million metric tons of methane, compared to 23.1 billion and 359 million, respectively, for anthropogenic sources. "Emissions of Greenhouse Gases in the United States 2002", supra note 20.

20. Hansen, et al, supra note 5. It is also possible that warming may dampen natural sources of methane by drying out wetlands.

21. Animal agriculture is responsible for 32% of global methane emissions from human activity, including 28% from domesticated livestock and 4% from livestock manure. Natural gas is the second largest source, accounting for 15% of emissions. Kruger, Dina, "The Role of 'Other Gases' in Addressing Climate Change", U.S. Environmental Protection Agency, 12 Feb 2004, [http://www.iges.or.jp/en/cp/output\\_all/workshop/usjapan/pdf/06Kruger.pdf](http://www.iges.or.jp/en/cp/output_all/workshop/usjapan/pdf/06Kruger.pdf).

22. "Emissions of methane from livestock", Climate Change Fact Sheet 32, Information Unit on Climate Change (IUCC), UNEP, 1 May 1993, <http://www.unep.ch/iucc/fs032.htm>.

23. World meat production reached 242 million tons in 2002, from 122 million tons in 1977, and from 44 million tons in 1950. Additionally, per capita meat consumption has more than doubled since 1950, from 17 to 39 kg per person. Vital Signs 2003, Worldwatch Institute, May 2003, p.30-31, <http://www.worldwatch.org/pubs/vs/2003>. The majority of the meat is consumed by developed countries. Delgado, Christopher et al., Livestock to 2020: The Next Food Revolution, "Food, Agriculture, and the Environment Discussion Paper 28", International Food Policy Research Institute, May 1999, <http://www.ifpri.org/2020/dp/dp28.pdf>.

24. "The Role of 'Other Gases' in Addressing Climate Change", supra note 23. Methane emissions come particularly from ruminant animals, like cows, sheep, buffalo, and goats, but also from non-ruminants like pigs and horses. "Emissions of methane from livestock", supra note 24.

25. Not including methane released from manure, an adult cow produces 80-110 kg of methane a year. "Frequent Questions", Ruminant Livestock, U.S. Environmental Protection Agency, <http://www.epa.gov/rlep/faq.html>.

26. "The Role of 'Other Gases' in Addressing Climate Change", supra note 23.

27. "Water Quality Conditions in the United States", U.S. Environmental Protection Agency, August 2002, <http://www.epa.gov/305b/2000report>.

29. Herein, the term "vegetarian" is used to refer not just to a meatless diet, but to one free of animal products, i.e. a "vegan" diet. Dairy cows, for example, produce even more methane per animal than beef cattle. Logically, the same concerns extend beyond diet to the consumption of other consumer goods derived from livestock, like wool and leather.

30. Because ruminant livestock produce far more methane than non-ruminant livestock, reductions in agricultural methane can also be achieved by shifting consumption away from cows and sheep in favor of chickens and pigs. However, the benefits of such shifts are not simple; for example, in the U.S., manure from pigs produces more than five times as much methane as manure from beef cattle. ("Inventory of U.S. Greenhouse Gas Emissions: 1990-2002", p. 181, supra note 17.) Moreover, the large scale production of these animals in concentrated animal feeding operations (CAFOs) is associated with numerous other environmental harms already extensively documented by environmental organizations, making the trade of one environmental danger for another a Faustian bargain.

30. The U.S. Environmental Protection Agency's efforts to address methane from livestock amount to encouraging changes in feed and increasing the amount of product (meat, milk, offspring) per animal. Even at best such efforts are unlikely to achieve large reductions in emissions per animal, and any such reductions are easily swamped by increases in the number of animals raised overall. Methane emissions from manure can also be captured and used to produce energy.

31. Hansen, et al, supra note 5.

32. Pimentel and Pimentel estimate that the production of animal products requires more than 10 times as much fossil fuel as the production of plant foods, averaging 25 kcal of fossil fuel input per kcal of animal protein, compared with 2.2 kcal of fossil fuel input per kcal of plant protein. Pimentel, David and Marcia Pimentel, "Sustainability of Meat-Based and Plant-Based Diets and the Environment", American Journal of Clinical Nutrition, Vol. 78, No. 3, September 2003, pp. 660S-663S. On CO2 see Tidwell, Mike, "Food and the Climate Crisis: What You Eat Affects the Sky", Sierra Club Redwood Chapter Newsletter, Dec./Jan. 2005, [http://www.redwood.sierraclub.org/articles/December\\_04/FoodClimateCrisis.html](http://www.redwood.sierraclub.org/articles/December_04/FoodClimateCrisis.html).

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## **Favorite Five for December 2006**

### **My favorite articles found in recent medical journals**

#### **Low-fat, Plant-food Diet Slows Breast Cancer**

**Dietary fat, fiber, vegetable, and micronutrients are associated with overall survival in postmenopausal women diagnosed with breast cancer** by Archana Jaiswal McEligot in the second issue of the journal *Nutrition and Cancer* concluded, "These results suggest that in postmenopausal women diagnosed with breast cancer, reduced dietary fat and increased fiber, vegetable, fruit, and other nutrient intakes associated with a plant-based, high-fiber diet improves overall survival after breast cancer diagnosis."<sup>1</sup> Women with breast cancer consuming the highest fat diet had three times the risk of dying compared to those with the lowest fat intake. All kinds of fat including saturated fat, monounsaturated fats, and polyunsaturated (vegetable) fats were found to reduce survival. Monounsaturated fat—from margarine, doughnuts, cookies, cakes, biscuits, muffins, cheeses, and cheese spreads—was associated with three to four times the risk of dying. Markers of higher fruit and vegetable intake like vitamin C, folic acid, carotenoids, and lutein were associated with better survival. Note: Nutrients from food, rather than from supplements (pills) meant better survival. There was no association with alcohol intake and overall survival in women with a diagnosis of breast cancer.

**Comments:** In 1984 the first study showing the benefits of a low-fat, plant-food based diet for women who already had breast cancer was published in a medical journal.<sup>2</sup> I was the author of that study. Since my report there have been 17 more studies published on the effect of diet on breast cancer survival. Common sense dictates, "You should not pour gasoline on a fire." Since most scientists and doctors believe the Western diet has a major causative role in this disease, then a fundamental therapy recommended to all women

must be a healthy diet. Yet, in real life few women are ever told of this connection and to improve their diet.

The course of breast cancer is highly variable with some women dying quickly and some living 35 and more years with their disease. The outcome is determined by the aggressiveness of the cancer pitted against the resistance of the person. The patient's ability to fend off the cancer is determined largely by her diet. Without any doubt, better nutrition will improve the quality of a woman's life and the evidence says her years will also be extended. Could five years expected survival time be lengthened to ten or fifteen by improving the vitality of her immune system and the powers of her other cancer-fighting defenses? I believe so—and this is one more study that supports my beliefs.

Recommending that women with breast cancer eat healthier should be easy for doctors. After all, this therapy does not cause nausea, vomiting, or any loss of hair. This is not like chemotherapy costing thousands of dollars. Plus, a healthy diet will also reduce the risk of most diseases from heart attacks to gallbladder disease.

Weight loss follows the adoption of a low-fat diet, offering another survival edge. Trim women with breast cancer are known to live much longer than overweight women. Another cost-free, side-effect-free habit, exercise, has been shown to reduce the absolute risk of death for women with breast cancer by 6% over 10 years.<sup>3</sup> Thus, the survival benefits achieved from a healthy diet and an exercise program exceed those of all other commonly prescribed therapies: surgery, radiation, and chemotherapy. But, how many patients know that?

1) [Jaiswal McEligot A, Largent J, Ziogas A, Peel D, Anton-Culver H.](#) Dietary fat, fiber, vegetable, and micro-nutrients are associated with overall survival in postmenopausal women diagnosed with breast cancer. *Nutr Cancer*. 2006;55(2):132-40.

2) McDougall J. Preliminary study of diet as an adjunct therapy for breast cancer. *Breast* 10:18, 1984.

3) Holmes M, Chen W, Feskanich D, Kroenke C, Colditz G. Physical Activity and Survival After Breast Cancer Diagnosis. *JAMA*. 2005;293:2479-2486.

## **Mammograms Fail Women from Age 40 Years**

**Effect of mammographic screening from age 40 years on breast cancer mortality at 10 years' follow-up: a randomised controlled trial** by Sue M. Moss in the December 9, 2006 issue of the *Lancet* found that, "Although the reduction in breast-cancer mortality observed in this trial is not significant, it is consistent with results of other trials of mammography alone in this age-group. Future decisions on screening policy should be informed by further follow-up from this trial and should take account of possible costs and harms as well as benefits."<sup>1</sup> In real numbers, this study found that after an average of 10.7 years of screening there would possibly be one less death for every 2512 women undergoing annual mammography.

Comments from an accompanying editorial by Benjamin Djulbegovic brought up these important concerns about mammography.<sup>2</sup>

"False-negative screens might lead to inappropriate reassurance and delays in diagnosis, whereas false positives might result in unnecessary biopsies and additional imaging studies. However, the main harms associated with screening mammography relate to potential death from radiation-induced breast cancer. Although the overall reduction in death from breast cancer during the 10–15 years' follow-up in trials of screening mammography is clear, the anticipated peak for radiation-induced breast cancer occurs some 10–20 years after exposure, and risk might remain increased throughout a woman's life. A model estimated that starting screening mammography at age 40 years is justified if associated with decreased relative risk of death from breast cancer by 20% or more—assuming that this theoretical model is correct and accurate." (This study

showed a nonsignificant relative risk reduction of 17%—therefore, mammography is not justified.)

“Although the best estimates of harms from screening mammography seem to be less than the benefits, they remain too uncertain to conclude with a high level of confidence that screening mammography in this age-group is associated with a net benefit. Every woman, with her physician's guidance, should decide whether regret will be greater if she develops breast cancer that could have been detected earlier by screening mammography, or if she develops breast cancer later in life as a result of screening mammography itself.”

**Comments:** The burden of proof resides with those recommending the tests and treatments. This study clearly states the proof of benefits is lacking. The reason mammography fails women is because this measurement is crude and on average detects cancers only after they have been growing 8 to 14 years—by this time if the lump detected is truly cancer—often referred to as *invasive cancer*—then the disease has spread to the rest of the body and is unreachable by surgery or radiation.

Mammography harms a woman by finding “disease” that would have never threatened her life. In many cases mammography detects a condition called *ductal carcinoma in situ* (DCIS). This is not cancer, but when detected it is still treated aggressively with surgery and radiation. DCIS rarely turns into a life threatening cancer. Thus, for women for whom a cure is possible (those with DCIS) early detection and treatment are not necessary, while for women for whom cure is necessary (those with invasive cancer), this goal is rarely possible because the disease has already spread beyond the boundaries reached by local treatment (radiation and surgery).

After 10 disappointing trials, what I keep hearing from my colleagues and many women is, “Mammography remains the best opportunity doctors have to offer women.” But that’s not true; there is something better for preventing breast cancer, which is an enthusiastic recommendation to change their diet.

1) [Moss SM, Cuckle H, Evans A, Johns L, Waller M, Bobrow L; Trial Management Group.](#) Effect of mammographic screening from age 40 years on breast cancer mortality at 10 years' follow-up: a randomised controlled trial. *Lancet*. 2006 Dec 9;368(9552):2053-60.

2) [Djulbegovic B, Lyman GH](#) Screening mammography at 40-49 years: regret or no regret? *Lancet*. 2006 Dec 9;368(9552):2035-7.

## Raw Food Vegetarian Diet Protects Us from Cancer

**Long-term low-protein, low-calorie diet and endurance exercise modulate metabolic factors associated with cancer risk** by Luigi Fontana published in the December 2006 issue of the *American Journal of Clinical Nutrition* found that a low-protein, low-calorie diet and exercise lower hormones and growth factors that increase a person’s risk of developing and dying from cancer.<sup>1</sup> This research compared three groups, each consisting of 21 people. The first group selected from members of the St. Louis Vegetarian Society ate uncooked and unprocessed plant foods; the second group selected from local running clubs ate the Western diet but ran an average of 48 miles a week; the third group was made up of sedentary people who ate the Western diet. The lowest levels of the very powerful cancer-promoting growth hormone, *Insulin-like Growth Factor-1* (IGF-1) were found in the raw food group. These same healthy eaters had low levels of C-reactive protein, insulin and cancer-promoting sex hormone activity.

**Comments:** This study demonstrates the health benefits of a plant food based diet and some people will argue the importance of the diet consisting of all raw foods. Their foods choices were raw vegetables, fruits, nuts, seeds, grains, and cereals, and olive oil; and they strictly avoided processed and refined foods, and foods of animal origin. As this and other studies have demonstrated, a diet of uncooked plant foods is far healthier than the American diet, and can reverse and prevent many diseases.

From the title of the article you should notice that the raw food group ate a “low-protein, low-calorie diet,”

but fat is not mentioned. This is because this raw food diet was very high in fat—actually 43 percent of the calories were from fat—compared to 34 percent from fat for those on the Western diet.

I do recommend people eat some uncooked foods, but I do not recommend an all raw food diet, because this kind of eating almost obligates a person to eat a high-fat, high-sugar diet. Most of the people following the McDougall Diet want to lose weight, which is one important reason to minimize foods naturally high in fat—the liberal use of nuts, seeds and avocados makes weight gain almost effortless. The liberal use of simple sugars from fruits and juices also makes weight loss harder.

Similar benefits in IGF-1, C-reactive protein, and sex hormone activity are seen with a diet centered around cooked starches, such as I recommend.<sup>2-4</sup> A starch-based diet is low in fat and calories—both qualities of food associated with cancer promotion. Lack of compliance is the biggest stumbling block to dietary change. My experience has been an all raw food diet is harder to follow than a diet with cooked foods. This is one reason no large population of people in recordable history has ever followed a raw food diet. My experience has been that a diet of cooked potatoes, sweet potatoes, rice, and/or beans, with fruits and vegetables is easily followed. That is one important reason why all populations living on plant food based diets throughout history have consumed most of their calories from cooked starches.

- 1) [Fontana L, Klein S, Holloszy JO](#). Long-term low-protein, low-calorie diet and endurance exercise modulate metabolic factors associated with cancer risk. *Am J Clin Nutr*. 2006 Dec;84(6):1456-62.
- 2) [McCarty MF](#). A low-fat, whole-food vegan diet, as well as other strategies that down-regulate IGF-I activity, may slow the human aging process. *Med Hypotheses*. 2003 Jun;60(6):784-92.
- 3) [Roberts CK, Chen AK, Barnard RJ](#). Effect of a short-term diet and exercise intervention in youth on atherosclerotic risk factors. *Atherosclerosis*. 2006 Oct 18; [Epub ahead of print]
- 4) [Tymchuk CN, Tessler SB, Barnard RJ](#). Changes in sex hormone-binding globulin, insulin, and serum lipids in postmenopausal women on a low-fat, high-fiber diet combined with exercise. *Nutr Cancer*. 2000;38(2):158-62.

### **Low-carb, High-protein Diets Reduce Survival**

**Low-carbohydrate-high-protein diet and long-term survival in a general population cohort** by Antonia Trichopoulou of the University of Athens Medical School published in the on-line version of the *European Journal of Clinical Nutrition* found that "...higher intake of carbohydrates was associated with significant reduction of total mortality, whereas higher intake of protein was associated with nonsignificant increase of total mortality... with respect to both cardiovascular and cancer mortality."<sup>1</sup>

This study involved 22,944 healthy adults, under observation from 1993 to 2003, whose diets were assessed through questionnaire. The authors make a point of saying proteins of plant origin are not the problem and "...are generally considered innocuous, if not beneficial, to health."

**Comments:** After observing the diets of people for a decade this report finds eating more protein and less carbohydrate will shorten your life. In more practical terms, animal products shorten life—plant foods will help you live longer. A daily increase of 15 grams of protein and a decrease of 50 grams of carbohydrate was associated with a 22% increase in overall mortality. In practical terms this could translate into 1 1/2 ounces more of chicken and a decrease of one potato could shorten your life by years. This report is one

more lesson that demonstrates that people who have made the mistake of following diets like Atkins, South Beach, and the Zone can expect to live significantly shorter lives.

1) [Trichopoulou A, Psaltopoulou T, Orfanos P, Hsieh CC, Trichopoulos D.](#) Low-carbohydrate-high-protein diet and long-term survival in a general population cohort. *Eur J Clin Nutr.* 2006 Nov 29; [Epub ahead of print]

## Herbal Valerian for Sleep

**Valerian for sleep: a systematic review and meta-analysis** by Stephen Bent published in the December 2006 issue of the *American Journal of Medicine* found that, "The available evidence suggests that valerian might improve sleep quality without producing side effects." This publication presented a systematic review of randomized, placebo-controlled trials of valerian for improving sleep quality. Sixteen eligible studies examining a total of 1093 patients were identified. Dosages ranged from 225 mg to 1215 mg per day.

**Comments:** Approximately one-third of the Western population reports difficulty sleeping and many of these people have either suffered with sleeplessness and/or have become dependent upon alcohol or sleeping pills. Valerian (*Valeriana officinalis*), made from an extract of the root and stems of this flowering plant, is sold as a dietary supplement in the US. There is no agreement on the mechanism of action, but chemicals in the brain may be changed by active ingredients in valerian. This sleeping aid can be used as a tea and is commonly sold as liquid tinctures and as extracts put into capsules. In addition to treating insomnia, it has been used for nervousness, trembling, headaches, heart palpitations, and gastrointestinal spasms. Dosages of standardized extracts commonly used are 450 to 900 milligrams. Side effects are extremely rare; there is no potential for addiction and no hangover. Therefore, anyone with problems sleeping should give valerian a try.

[Bent S, Padula A, Moore D, Patterson M, Mehling W.](#) Valerian for sleep: a systematic review and meta-analysis. *Am J Med.* 2006 Dec;119(12):1005-12.

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## Featured Recipes

### Tomatillo Chili

This is a very unusual white bean chili that uses tomatillos instead of tomatoes for flavor. I first made this many years ago for a chili potluck at our youngest son's school. It is still one of my favorite chilies.

Preparation Time: 20 minutes

Cooking Time: 4 hours

Servings: 6-8

1 pound dried Great Northern beans  
8 cups vegetable broth  
2 onions, chopped  
2-3 cloves garlic, minced  
2 12 ounce cans tomatillos, drained and chopped  
2 4 ounce cans chopped green chilies  
1 tablespoon chili powder  
1 tablespoon ground cumin  
1 tablespoon dried oregano  
2 bunches green onions, chopped  
½ cup chopped fresh cilantro  
½ tablespoon lime juice

½ teaspoon salt (optional)  
hot sauce to taste (optional)

Place the first nine ingredients (through the oregano) into a large pot and bring to a boil. Reduce heat, cover and cook for about 3 hours until beans are fairly tender. Add the green onions and cilantro, then cook uncovered for another hour until the chili is very thick. Stir in the lime juice and add salt and hot sauce to taste, if desired.

Hints: This may also be made in a slow cooker, although it will not thicken up as well as it does on the stovetop. If you do cook it in a slow cooker, start out with a bit less of the vegetable broth, cook it for 8 hours on high, then remove the cover, add the green onions and cilantro and continue to cook uncovered for the rest of the cooking time. (Or transfer to a pot on the stove and finish the cooking time there.)

### **Thai Green Curry Rice**

This rice dish is made with a Thai green curry paste that is sold in Asian markets, natural food stores and some supermarkets. To vary this recipe, try making it with red curry paste instead of the green curry paste.

Preparation Time: 20 minutes (cooked rice needed)

Cooking Time: 12 minutes

Servings: 4

1/3 cup vegetable broth  
1 onion, chopped  
1 red bell pepper, chopped  
1 yellow bell pepper, chopped  
2 cloves garlic, minced  
1-2 tablespoons green curry paste  
2 cups chopped Napa cabbage  
1 cup broccoli florets  
1 cup cauliflower florets  
1 cup snap peas  
½ cup soy sauce  
4 cups cooked long grain brown rice  
1 tomato, chopped  
1 tablespoon chopped fresh Thai basil  
1 tablespoon chopped fresh cilantro

Place the broth in a large pot along with the onion, bell peppers and garlic. Cook, stirring occasionally, for 5 minutes. Stir in the curry paste. Add the cabbage, broccoli, cauliflower, peas and soy sauce. Mix well, cover and cook for about 5 minutes, until vegetables are tender. Add the remaining ingredients, mix well and cook until heated through, about 2-3 minutes.

Hint: Curry pastes are quite spicy so you may want to start out with the smaller amount and add more to taste. If you can't find fresh Thai basil, just use the fresh basil found in the produce department of your supermarket.

### **Chipotle Pumpkin Soup**

This is a spicy variation of a delicious pumpkin soup with black beans that I have been making for years. This tastes great and is easy to make too!

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Servings: 4

4 cups vegetable broth  
1 onion, chopped  
2 cloves garlic, minced  
1 tablespoon chili powder  
½ teaspoon ground cumin  
⅛ teaspoon chipotle powder  
1 15 ounce can pumpkin puree  
1 15 ounce can black beans, drained and rinsed  
1 cup frozen corn kernels, thawed  
¾ cup salsa, mild, medium or hot

Place 1/3 cup of the broth in a large pot. Add the onion and garlic. Cook, stirring occasionally for about 3 minutes, then add the chili powder, cumin and chipotle powder. Cook and stir for 1 minute. Add the remaining ingredients and mix well. Bring to a boil, reduce heat and cook for about 10 minutes, stirring occasionally to make sure the pumpkin is well mixed into the broth.

Hint: This is wonderful with a scoop of hot brown rice added to each individual serving bowl.

### **Mexican Bean and Rice Soup**

Our grandson, Jaysen, loves beans and rice, so I turned one of our favorite simple bean soup recipes into a bean and rice soup.

Preparation Time: 5 minutes (cooked rice needed)

Cooking Time: 10 minutes

Servings: 4

2 16 ounce cans non-fat refried beans  
3 cups vegetable broth  
1 cup frozen corn kernels, thawed  
1 cup cooked brown rice  
1 cup mild salsa

Place the beans and broth into a pot and stir well to mix. Bring to a boil, reduce heat, add remaining ingredients, cover and cook for about 10 minutes, stirring occasionally.

Hints: Add more vegetable broth for a thinner soup, if desired. Omit the rice and stir in some fat free tortilla chips, or just omit the rice for a delicious bean and corn soup.

### **Tofu Vegetable Patties with Mushroom Sauce**

Serve these on whole wheat toast with Mushroom Sauce over the top. These are wonderful with some roasted asparagus on the side.

Preparation Time: 40 minutes

Cooking Time: 45 minutes

Servings: 6

1/4 cup water  
1 cup fresh mushrooms, sliced  
1 bunch green onions, chopped

1/2 cup finely chopped cauliflower pieces  
1/2 cup finely chopped broccoli pieces  
2 tablespoons soy sauce  
1 pound firm tofu (not silken)  
1/4 teaspoon turmeric  
1 cup white whole wheat flour  
1 teaspoon baking powder

Preheat oven to 350 degrees.

Place the water, mushrooms, onions, cauliflower, broccoli and 1 tablespoon of the soy sauce into a saucepan and saute until vegetables are crisp tender and liquid is absorbed, about 5 minutes. Remove from heat and set aside.

Place the tofu, remaining soy sauce and turmeric in a food processor and process until fairly smooth. Remove from processor and place in bowl. Add the flour and baking powder to the tofu mixture. Mix well, then add the vegetables. Mix again and form into 6 patties, 3 inches in diameter and 1/2 inch thick. Place on a non-stick baking sheet.

Bake 30 minutes, turn over and bake for 15 minutes longer.

### **Mushroom Sauce**

1 cup sliced mushrooms  
1 3/4 cups water  
2 tablespoons soy sauce  
1 clove garlic, pressed  
1 teaspoon fresh grated ginger  
2 1/2 tablespoons cornstarch, dissolved in 1/4 cup water  
freshly ground pepper  
dash sesame oil

Place mushrooms in a saucepan with 1/4 cup of the water. Add the soy sauce, garlic and ginger. Saute until mushrooms are softened slightly, about 4 minutes. Add the remaining water and the cornstarch mixture. Cook and stir until mixture boils and thickens. Season with fresh ground pepper and a dash of sesame oil.

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## **Comments on the new McDougall Made Easy DVD**

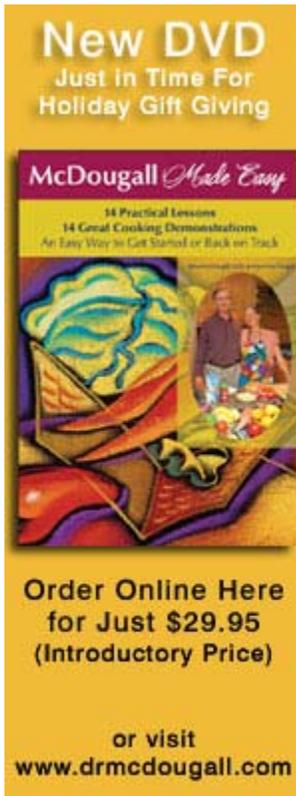
[Order DVD Here](#)

My husband suffered a big-time heart attack four years ago at age 46. He's been "McDougalling" for three years and WOW. Down 40+ pounds, cholesterol around 150, great blood numbers, off all his meds.

We have all the doc's books and watch his DVDs every Saturday morning (got all those, too). And now we have a NEW one to watch!

To anyone who may think these resources are a bit spendy... compare them to a month of post-heart attack meds and you'll find they're an utter bargain. Well worth the investment considering I've got my husband acting the way he did in high school. You'd never guess the guy had just turned 50.

I can't wait to wrap it and slip it under the tree. Maury has no idea it's coming. Perhaps I'll take a peek at it first...



Thanks Dr. McDougall for all your work! Thanks Mary for the recipes. You guys gave me another joyful Christmas with my husband!

Maury, Beth, and Peder Erickson

I just watched your DVD, McDougall Made Easy, and it is perfect for me. I am a total klutz in the kitchen but I am going to become an expert in preparing bean burritos. They looked great. Mary shared all the details needed by people like me. Please thank her. I plan to spend time learning the 14 lessons - its exactly what I need. I am totally overwhelmed by cookbooks! - it is entirely different to learn about your few favorite recipes - I can deal with that.

Bill Paton

I'm weak, I ordered three of the McDougall Made Easy DVD's for Christmas Gifts. One of which was my own. I did have a quick look before I wrapped my DVD. I just couldn't help myself, I felt like a Kid. I tore the wrapping off the DVD and watched the whole thing. I was in AWE. This is the best DVD I have ever seen. Mary is Wonderful ...If anyone ever wondered why we love Mary, all I can say is, get this DVD. Dr. McDougall as always your tips are full of wisdom. I hope this DVD is just the first of many to come. Perfect Mary,,,,HOORAY!!

Polly Baxter

Being a visual person, Mary's cooking DVD was what pushed us over the edge.

Clark Daywalt

I agree with the others who have praised your new DVD. It really makes everything so wonderfully simple and approachable. I bought 3 copies and am giving them as gifts this holiday season. Congratulations on a great new teaching tool.

Neal Barnard, MD

I enjoyed the DVD very much. I watched it over the last two days as I finish up my last term paper. It was going to be my end of semester - graduation present to myself but I couldn't wait! I find it relaxing and can't wait to get into some cooking. Dr. McDougall speaks about some of the key aspects and then Mary McDougall prepares the recipes, making it all look effortless. I think some bean burritos are in my near future!

I'd also like to say here that while I've been in and out of eating according to the McDougall Program, I've always known it is the best way to eat. Even the times when I was away I was thankful that Dr. McDougall and Mary McDougall were here and I'm very glad I ordered the DVD to see them in action. While I've read and enjoyed almost all of Dr. McDougall's books, watching the DVD adds another dimension and somehow I now know I will not stray.

Beth Aronson

We are really enjoying the DVD. I have some daily physical therapy I must do and I watch this DVD while I'm doing it. I agree with the other testimonials -- this is one of your best. Rick and I get a kick out of watching you and Mary interact. You clearly have a wonderful relationship and your affection

and respect for each other shows.

Mary Jurmain

We love this DVD, even though we are almost 4 years on your program. I especially love that you are enjoying a BEER on camera - and my husband appreciates it too! Here we thought we were being very very bad when we would once in a while share a nice bottle of beer.

Laura

We just got through viewing your new DVD and we are amazed how much we learned. Thank you for reviewing your health lessons and demonstrating all the delicious looking and easy-to-prepare recipes. Seeing the food actually prepared was very helpful. Great job, Mary. We can't wait to try the recipes out. Dr. McDougall, you had our mouth's watering as you tasted the various dishes. The colors were amazing including Sam's plumage and Mary's beautiful aprons.

You also have a beautiful kitchen. Our old kitchen is about ¼ the size but that's not going to stop us from trying all the recipes. We have been eating the McDougall diet for two years now and we are forever grateful. This DVD is definitely going to help us in our continuing struggle of getting our kids and grand kids on board. Thanks again.

Frank and Sharon Mangini

I want to tell you how very much I enjoyed watching your newest DVD. It is a great refresher course of many things that you have already taught me, but watching Mary cook all these wonderful dishes, made it seem much more meaningful than just following a recipe. As I'm writing this, I am eating the overnight oatmeal that Mary made, and it is wonderful. I feel like you and Mary both are a part of my family and have done so much for the health of us and millions of others. Thank you for all that you both do.

Diana Ramsdell

Another winner! Though I've been McDougalling for 12 or more years and have everything they ever published, I still thoroughly enjoyed this new video.

I believe it definitely will appeal to most people, even those still eating the American diet. It had some nutritional and medical information; but not enough to overpower or turn anyone off. If people try some of the recipes, like the enchiladas, burritos, and confetti rice, they won't even miss the "stuff" (meat, cheese, etc.), that they say they can't live without.

I particularly liked that it was filmed in their home, giving it an inviting, comfortable, and relaxed atmosphere. Dr. McDougall was his usual witty and entertaining self. Mary prepares the meals with such ease, that I don't think anyone could say it would be hard to do. And, best of all, they seem to take no time at all, *which is my kind of cooking!* (I'll put it to the test tomorrow when I make the French toast for breakfast, enchiladas for dinner, and possibly the peach cobbler for dessert.)

Rita Rovner

The new DVD is great. I found it very helpful for Dr. McDougall to talk and then Mary showing the recipes. I am going to buy another one for my Mother as a Christmas gift. I have been eating this way since I first found the books 10 years ago. People never believe me when I tell them you lose your taste for very rich food over time.

Eileen Young

I enjoyed the video. In particular Mary's demonstrations demystified low-fat cooking. Perfect for a backslider who really needs to learn efficient cooking.

Doug Zimmerman

I have watched about half of the DVD so far. I really like it! I can't wait to make cashew milk and make that French toast! I am also enjoying the interaction between John and Mary. Mary should have her own cooking show on Food Network!! I do much better with seeing the recipe made rather than reading. I am a cooking klutz!

Rhonda Sampson

Wow, this new DVD is wonderful. I watched all 14 lessons yesterday. Today I have printed the recipes. I am always amazed that Dr. McDougall offers so many free resources to us. I am so thankful for John and Mary McDougall

Doris

Hi Doc, I just ordered 2 more copies of your DVD. You and Mary did a fabulous job on this DVD. I'm going to give them as Christmas/Hannauka/Ramadan/Kwanza presents this year (That about covers everyone!).

Linda Brown