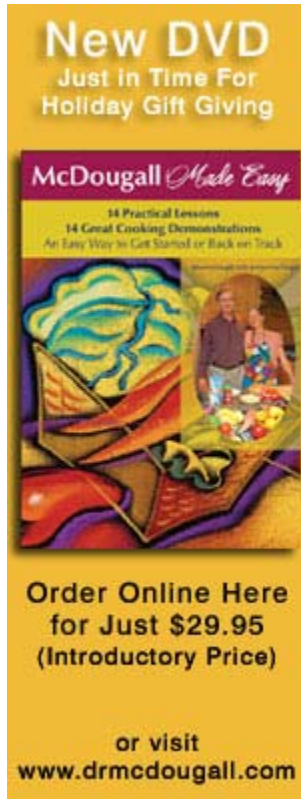


Comments on the new McDougall Made Easy DVD



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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 cook-books! - 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 mouths 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