

The McDougall Newsletter

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Report on the February 2006 Advanced Study Weekend



John McDougall, MD

The advanced study weekend held February 3rd, 4th, and 5th was an outstanding success with more than 120 people enjoying each other's company, the fabulous food and the nation's top speakers on health.

Some people say they can't follow the diet because the foods don't taste good. After this weekend that is no longer a valid excuse for these folks. With meals consisting of two entrees, four salads, two soups, many side dishes and three different desserts, participants received a real education on what can be made fast, familiar and delicious.



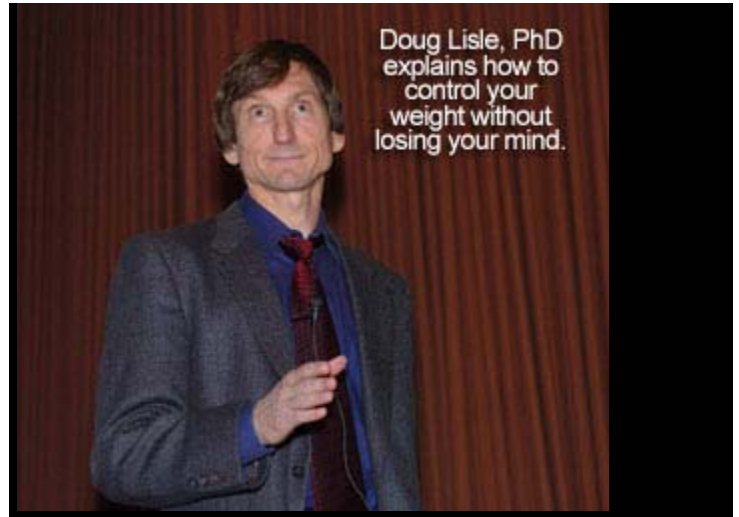
Dr. T. Colin Campbell explains the cancer-causing effects of animal protein.



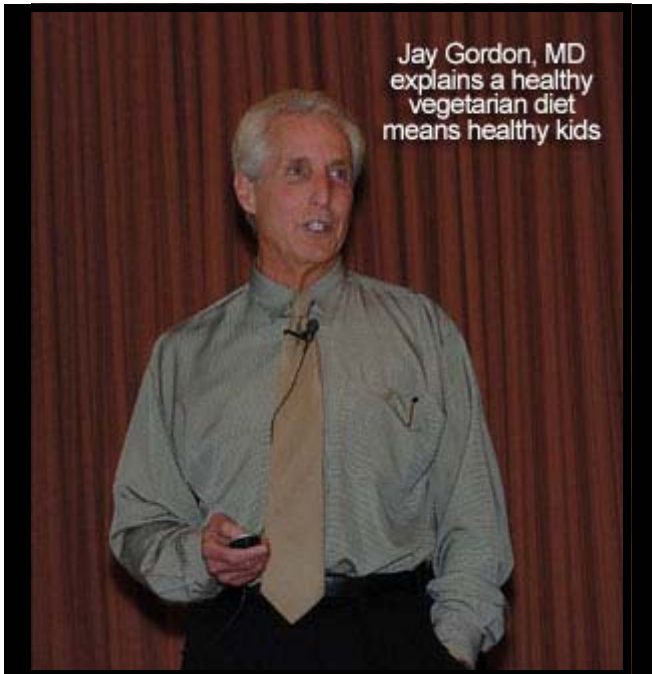
Dan Piraro sings a tribute to the weekend on his cardboard guitar. Brenda holds his music.



Dietitian Jeff Novic demonstrates how manufacturers mislabel their products



Doug Lisle, PhD explains how to control your weight without losing your mind.



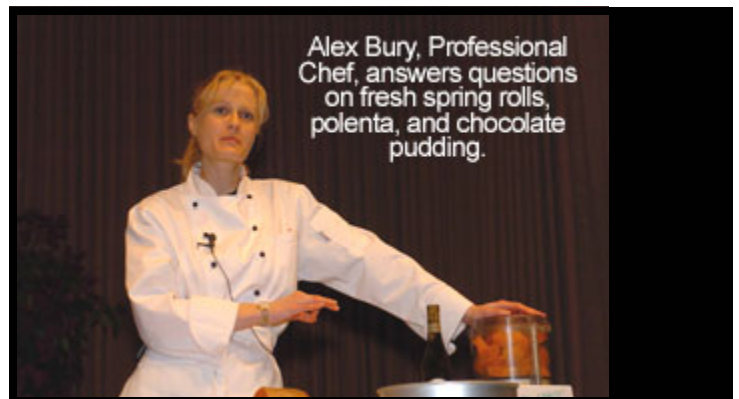
Jay Gordon, MD explains a healthy vegetarian diet means healthy kids



Between lectures, McDougall spent the weekend doing what he enjoys most, answering people's important questions



Colleen Patric-Goudreau, The Compassionate Cook, demonstrates how to make Moroccan stew, sweet and sour tempeh, vegan Caesar salad



Alex Bury, Professional Chef, answers questions on fresh spring rolls, polenta, and chocolate pudding.



Sure, putting together a weekend like this is loads of work for the McDougall crew, but it is worth all our efforts when we get feedback like this:

"I just attended your February weekend seminar. I must say I was blown away with the content and quality of the presentations. It was just outstanding! I recently moved to Santa Rosa from Michigan and had long wanted to attend one of your programs."

"Thank you again for a wonderful weekend – you all did an amazing job of providing fun, food and education with a great bunch of people. We always have the best time up there."

"Dan (Piraro, creator of the Bizarro cartoon strip) was hysterical, and the dinner was so delicious! I went back Sunday morning to see Alex for the first time. She is so wonderful!"

The next weekend will be a 5-day program dedicated to Maximum Weight Loss, May 17 to 21, 2006. The next advanced study weekend with new information and speakers will be in the fall of 2006. The 10-day live-in program runs nearly every month—this is the safest and most effective way to get off all your unnecessary medications and get your life back under your control. See www.drmcDougall.com for more details.

For information on weekends and 10-day live-in programs please write Heather at heather@drmcDougall.com or talk to Carol at (800) 941-7111 or (616) 874-8155.

The August 2006 Costa Rica Adventure Trip is sold out. But we hope to repeat a similar experience in February of 2007.