



Volume 5 Issue 1

### *In This Issue*

- Aging in Style
- You'll Get the Truth Only If There Is Money To Be Made
- Costa Rica McDougall Adventure 2006
- Featured Recipes

## **Aging in Style Maybe to 100 with sensible care**

I love life so much that I would eat a plateful of cardboard to spend another afternoon windsurfing, another hour playing with my grandson Jaysen, or another evening of pleasant conversation with my wife Mary. About to enter my seventh decade of life, I can hardly believe how young and healthy I feel. As long as I am functional, comfortable, and content, I want to live to be 100. See page 2

## **You'll Get the Truth Only If There Is Money To Be Made**

A letter from the Cardiovascular Center of St. Helena Hospital reminded me of how patients learn the truth. (St. Helena Hospital in Napa Valley California was the location of my clinic for 16 years from 1986 to 2002.)

Here is what the letter said:

“Question: Are you seeing patients with post-operative CABG cognitive dysfunction?”

“Answer: At St. Helena Hospital, we decrease the incidence of stroke and changes in cognitive function by performing beating heart surgery...” See page 9

## **Costa Rica McDougall Adventure 2006**

Our next **McDougall Adventure trip to Costa Rica** is August 2 to 9, 2006. The weather at this time of the year is some of the best we have found—relatively cool and little rain. The countryside is lush and green with vegetation and the animals are everywhere. This will be our 6<sup>th</sup> trip to this same location. We have rented the entire El Ocotal Resort on the Pacific Coast. See page 13

## **Featured Recipes**

- Hoisin-Tofu Lettuce Wraps
- Potato Artichoke Casserole
- Mexican Bean Soup
- Butternutty Soup
- Gingered Lentil Soup
- Two Grain Pilaf with Wild Mushrooms

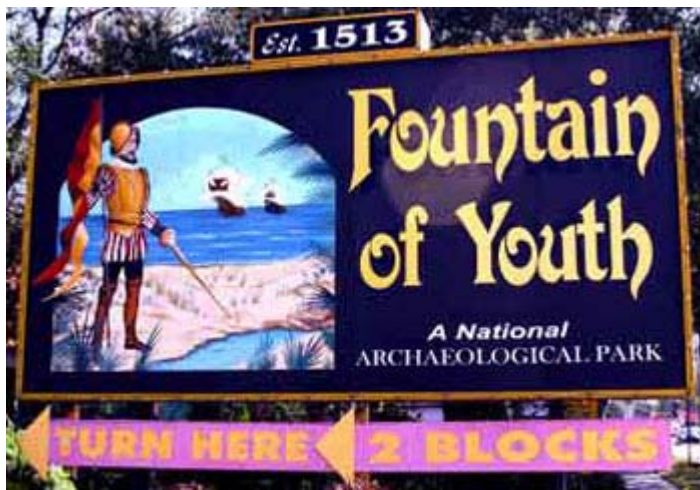
See page 17



## Aging in Style

### Maybe to 100 with sensible care

I love life so much that I would eat a plateful of cardboard to spend another afternoon windsurfing, another hour playing with my grandson Jaysen, or another evening of pleasant conversation with my wife Mary. About to enter my seventh decade of life, I can hardly believe how young and healthy I feel. As long as I am functional, comfortable, and content, I want to live to be 100.



Aging is a normal part of life—a process that cannot be stopped or reversed; but age-associated diseases can be prevented and our functional lifespan can be prolonged. But for how long? The maximum human lifespan is believed to be about 125 years, but so far no one for certain has reached this limit. The oldest person of authentic record was a French woman who lived to be 122 years old. About 50 people are alive today at 110 years or older—and there are presently 80,000 known centenarians (people who have reached 100 years).<sup>1</sup> Interestingly, almost all of these “successful survivors” never saw a doctor until after age 90—obviously their exceptional longevity had nothing to do with medical intervention.<sup>1</sup>

### Life Expectancy Has Increased

The average life expectancy was 25 years or less during most (99.9%) of human existence. No prehistoric remains have been found of people older than 50 years.<sup>2</sup> With few exceptions, war, accidents, starvation or infection ended lives before any of the signs of old age—graying of the hair, wrinkling of the skin, shortened memory, reduced strength, and decreased visual acuity—appeared. With the development of civilization people learned to control their environment and better protect themselves; with these advances some people then lived to a ripe old age. Passages from the Bible, written more than 2500 years ago, report that death from old age typically occurred at 70 to 80 years, and predict a maximum lifespan of 120 years. Since then what has changed is only the number of people who enjoy these later years.

#### Bible Quotes:

(Psalms 90:10) Seventy years are given us! And some may even live to be eighty.

(Genesis 6:3) Then Jehovah said, “My Spirit must not forever be disgraced in man, wholly evil as he is. I will give him 120 years to mend his ways.”

(The Living Bible)

Over the last century the biggest boost in lifespan was due to the introduction of antibiotics, immunizations, and proper

sanitation. Life expectancy has increased since the beginning of the 20<sup>th</sup> century from age 47 to the current 77 years by effectively stopping infectious diseases that killed people from birth to young adulthood.

<b>The History of Average Lifespans (in years)<sup>3,4</sup></b>	
Prehistoric	25
Classical Greece	28
Classical Rome	28
Medieval England	29
USA 1800	37
USA 1900	47
USA in 1950	68
USA in 2002	77
Japanese in 2002	82
All Adventists	85
Vegetarian Adventists	87

### **Conquer Chronic Diseases for the Next Big Boost**

People living in North America, Europe, Australia and New Zealand eat a rich diet that shortens their life in many ways:

- Fat and cholesterol infiltrate their arteries, eventually causing ruptures and blockages (heart attacks and strokes).
- Inflammatory reactions scar the heart muscle and decrease its function.<sup>5</sup>
- Food-borne environmental chemicals mutate the cells into cancer.
- Excess animal protein causes important loss of kidney function.<sup>6</sup>

Even with all this disease from malnutrition, the average life span for USA women is 79.9 years and 74.5 years for men.<sup>3</sup>

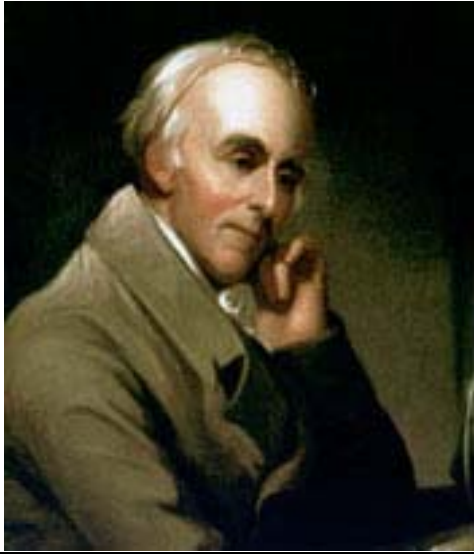
Observing the health and longevity of people who eat better than Americans provides clues to the potential gains from reducing chronic diseases. Japanese people who eat a diet based on starches (rice and vegetables) with little meat and no dairy products have an average lifespan of 85.59 years for women and 78.64 years for men—four to five years longer than people following the American diet.<sup>7</sup> Vegetarian Adventists do even better with women living, on average, to 88.6 years and men to 85.3 years.<sup>4</sup> In fact, a direct comparison with other white Californians found vegetarian Adventists live an average of 10 years longer.<sup>4</sup> However, these vigorous vegetarians still include way too much dairy, eggs, soy protein, and vegetable oils in their diets to achieve the full potential of human longevity—leaving the opportunity to add a few more “good” years for people who are fully informed.

The November 2005 issue of *National Geographic* magazine carried an excellent article, “The Secrets of Living Longer.” They reported on 3 groups of long-lived people from Okinawa Japan, Sardinia Italy, and Loma Linda California—and all had in common they followed a plant-based diet. At the very end of this issue there is a one-page “Do It Yourself” article with the subtitle, “Go Vegetarian.”

There is also an excellent presentation on the internet on these people that you can access. Go to:

[http://www7.nationalgeographic.com/ngm/0511/sights\\_n\\_sounds/index.html](http://www7.nationalgeographic.com/ngm/0511/sights_n_sounds/index.html)

### The Harms of Rich Foods Are Universally Known



Dr. Benjamin Rush wrote in 1776 an interesting comparison of the Native Americans to settlers from England.<sup>8</sup>

“In them (the Native Americans) the old proverb may well be verified: *Natura paucis contenta*—nature is satisfied with little—for though this be their daily portion, they still are healthy and lusty...they grow so proportionable and continue so long in their vigor—most of them being fifty before a wrinkled brow or gray hair betray their age...”

“The diet of the inhabitants of Philadelphia, during those years, consisted chiefly of animal food. It was eaten, in some families, three times, and in all, twice a day...Death was...common between the 50<sup>th</sup> and 60<sup>th</sup> years of life from gout, apoplexy, palsy, obstructed livers and dropsies.”

### Dietary Restriction—the Real Deal

Since antiquity, overindulgence in foods has been blamed for causing disease and the shortening of useful lives. Beyond common knowledge, dietary restriction is the only life-prolonging means accepted as effective by the scientific community. In animal experiments a 50% increase in longevity has been observed with a 30% to 60% decrease in calorie intake.

For the first time in 2006, researchers reported similar benefits in people. The hearts of people who had followed a nutritionally-balanced, lower-calorie diet resembled those of younger people, with better function and fewer tendencies to become inflamed and scarred.<sup>5</sup> People in the study had averaged only six years on the healthier diet, but their hearts looked 15 years younger.<sup>9</sup>

The first description of calorie restriction to prolong life was of an Italian nobleman, Luigi Cornaro, who in 1550 wrote *The Art of Living Long*.<sup>10</sup> Suffering at the age of 35 from diseases of overnutrition—including gout—he started a restricted diet where he limited his food to 14 ounces a day and cut way back on his meat intake. He lived to almost 100 years. He provides an example of how this therapy can be started later in life with profound benefits.

Recent animal experiments have demonstrated that the benefits of dietary restriction are primarily from reducing intake of fats and proteins rather than simply restricting food and calories.<sup>11</sup> These same principals apply to people: food restriction must be coupled with optimal nutrition for increased longevity. Bad food, even if only a little is eaten, still accelerates aging and causes diseases. You have witnessed many very trim people with heart disease and cancer—the results of eating half a hamburger and a small bag of greasy chips, washed down with a regular size diet cola. Furthermore, people who are thin won't live longer, even if they exercised to make themselves trim, as long as they eat poorly.

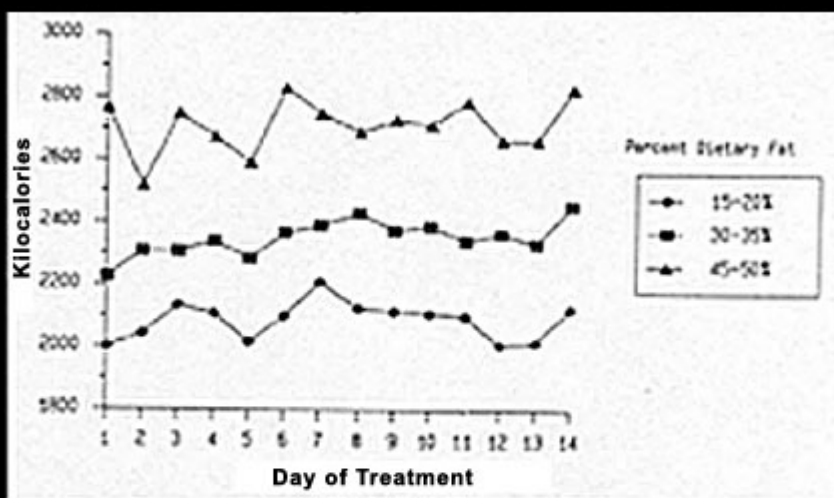
### Restriction without Punishment

The semi-starvation that is typically recommended for prolonging survival results in constant hunger, slower metabolism, fatigue, reduced libido and sexual inactivity. Can you live that way? Is it worth the suffering? Is there an alternative?

The McDougall diet effortlessly restricts calories, fat and protein by *its natural composition* without requiring hunger. Switching from meat, dairy products and processed foods to starches, vegetables, and fruits will cause you to consume 400 to 800 fewer calories a day—without consciously restricting the amount of foods that you eat.<sup>12</sup> This reduction in calories spontaneously happens because the foods have relatively few calories and are very satisfying for the appetite.

In addition to the 20% to 40% decrease in calories that occurs with a healthy diet; your fat intake decreases from 50% to

7% and protein from 20% to 12% of calories and you don't have to ever be hungry—now THAT is a program you can live with.



**Dr. Lissner performed an experiment where he hid fat in subjects' food and then asked them to eat as much as they wanted. by cutting fat from 45% to 15% percent of the calories they unknowingly consumed 600 fewer calories.**

### Youth Preserving Antioxidants

The McDougall diet is also very high in another big player in the aging of our bodies' tissues--antioxidants. Antioxidants neutralize free radicals. Free radicals are highly reactive substances which damage cells and contribute to aging as well as encouraging many serious diseases, such as heart disease and cancer.<sup>13</sup> Substances with strong antioxidant activity are found in starches, fruits and vegetables. These include: Vitamin A, B-6, C, E, beta carotene, folic acid and selenium. (Get your nutrition from foods not pills. When antioxidants are isolated and concentrated into supplements they actually increase the risk of death and major diseases.<sup>14</sup>)

### Growth Hormone Promotes Aging

The hormone, *insulin-like growth factor-1 (IGF-1)* resembles insulin in its chemical structure and has special actions that accelerate the rate of growth of normal (like bone) and diseased (like cancer) tissues.<sup>15</sup> Animal experiments show that genetic defects in mice which lower IGF-1 levels cause them to live 40% longer. As these mice get older they look younger, and resist diseases. The mice are not just longer lived, but healthier—they have good eyes, joints, brains and immunity.<sup>16</sup> Presently, researchers believe our best hope for increasing longevity is by lowering IGF-1 activity.<sup>17</sup>

### Anti-aging Medicine—You Don't Want It

Many people believe aging is a disease that destroys the mind and body and needs to be treated with powerful medications. There are presently in the USA over 2,500 doctors practicing "anti-aging medicine," which has become a \$30 billion-a-year business revolving around pills, potions, and false promises.<sup>31</sup> "Anti-aging" and "longevity" practices usually include a combination of a traditional "healthy" diet along with advice to exercise, an overabundance of tests used to measure biologic age, and a prescription for nutritional vitamin and mineral supplements and hormones (like HGH, testosterone, estrogen, and DHEA). There is no evidence that it is possible to measure biologic age or that anti-aging medicines extend the duration of life.<sup>32</sup> The few benefits from any of these "rejuvenations" are better, and much more inexpensively, obtained with a low-fat vegan diet, exercise, and clean habits.

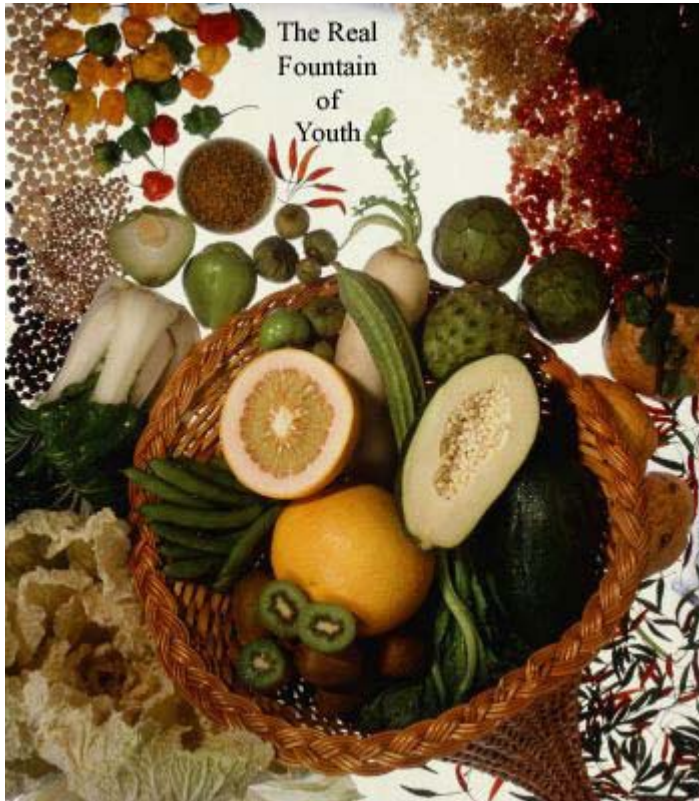
Within a single species of animals, those that are larger have higher levels of IGF-1 activity. These bigger animals also have shorter life spans. Dogs are a well-recognized example.<sup>16</sup> Big dogs, such as Dobermans and Rottweilers live an average of ten years. Chihuahuas and small terriers live for 13 years—and have lower levels of IGF-1 than big dogs.<sup>18</sup>

People show the same inverse relationship between size and longevity—taller (and heavier) people have shorter lifespans.<sup>19</sup>

### Easily Reduce Your IGF-1 Activity

Animal foods, and especially cow's milk, raise IGF-1.<sup>20-22</sup> You should not be surprised by this fact because the purpose of cow's milk is to accelerate the growth of a cow from 60 to 600 pounds. Protein is for growth and an excess raises IGF-1 levels. A good example of this effect is seen with the isolated soy proteins used in synthetic foods, from candy bars to burgers. This concentrated protein is an even more powerful promoter of IGF-1 than is cow's milk.<sup>23</sup> Lowering your IGF-1 activity is as simple as making sensible food choices and this benefit is seen in people.

A study of 292 British women ages 20 to 70 years found the serum IGF-1 activity was 13% lower in the 92 women who followed a vegan diet, compared to 99 meat-eaters and 101 lacto-ovo-vegetarians.<sup>24</sup> Similar effects have been found in men following vegan diets.<sup>25</sup>



#### Foods That Raise IGF-1<sup>26-28</sup>

Protein in General

Soy Protein

Milk

Meat

Poultry

Fish

Shellfish

Eating plant foods, smaller amounts of food and exercising all lower the activity of this powerful growth hormone.<sup>29</sup>

### Successful Living Means Graceful Aging

Benjamin Rush in 1797 studied octogenarians and found them of sound mind. His recommendation for a happy old age, therefore, was not to overcome the laws of nature, but to understand them in order that the aging individuals remain productive members of society.<sup>8</sup> As is commonly believed, age is not a demeaning disease that destroys the mind and body; but an opportunity to be valuable, useful and creative. We should all seek long lives free of disease and disability, and then die quickly and quietly when we reach the end of the normal lifespan—when we are worn out through our natural processes of aging. With the elimination of disease a proper death from old age comes peacefully—ideally, one night we simply fall asleep and we pass on.

#### Perfection May Not Be Ideal—the Theory of Hormesis

*There may be some benefits from being a little bad.* Hormesis is the phenomenon in which low doses of otherwise harmful substances and activities cause improvements in the body's function.<sup>30</sup> Exposure to mild stresses for brief periods may challenge the body to adapt to better maintain and repair itself—which prolongs life. This may explain why moderate drinkers have less heart disease and live longer than complete abstainers. The stress of moderate exercise may work to improve health by the same mechanism. Even low doses of radiation improve lifespan in animal experiments (whereas high doses kill). In practical terms, hormesis works for moderate people, but most of us cannot limit ourselves to low doses of harmful substance—disease and death too soon follow our enthusiastic (lustful) behavior.

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## You'll Get the Truth Only If There Is Money To Be Made

A letter from the Cardiovascular Center of St. Helena Hospital reminded me of how patients learn the truth. (St. Helena Hospital in Napa Valley California was the location of my clinic for 16 years from 1986 to 2002.)

Here is what the letter said:

“Question: Are you seeing patients with post-operative CABG cognitive dysfunction?”

Answer: At St. Helena Hospital, we decrease the incidence of stroke and changes in cognitive function by performing beating heart surgery...”

In other words, your patients' brains will be less damaged (cognitive dysfunction) by our new procedure (beating heart surgery) compared to the traditional bypass surgery (CABG = Coronary Artery Bypass Grafting). Patients who see this letter should be asking, “What brain damage? How come I never knew bypass surgery caused brain damage?”



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The Cardiovascular Center  
Adventist Health



Question: Are you seeing patients with post-operative CABG cognitive dysfunction?

Answer: At St. Helena Hospital, we decrease the incidence of stroke and changes in cognitive function by performing beating heart surgery. We also ligate the atrial appendage and use the HEARTSTRING Proximal Seal System during surgery.

For more detailed answers, plan to attend the

Napa Valley Cardiovascular Symposium  
March 23-24, 2006  
Meadowood in the Napa Valley

To register or receive a brochure,  
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The first time I wrote about the brain damage caused by the heart-lung machine (the bypass pump) used in all traditional bypass operations was in my book *McDougall's Medicine—A Challenging Second Opinion*, published over 20 years ago (1985). I would estimate that since then more than 7 million people in the US alone have suffered brain damage—and hardly a single one of them was ever informed of this universal complication prior to having the operation.

For more than 20 years I have been talking on radio and TV, and writing about this closely guarded medical secret. In that time I have never met a patient who had been informed that he or she was likely to never be the same after spending time on the pump. Over the years I have confronted many heart surgeons and cardiologists—all have minimized the importance of this damage and many have denied it even occurs—denied it to me and to their patients. The deception ends now with the introduction of a new medical business, “off-pump” beating heart surgery. This surgery repairs the heart arteries without stopping the heart and without placing the patient on the bypass pump.

### Research Compares Procedures

The December 20/27, 2005 issue of the American Heart Association journal *Circulation* published the most recent findings on the brain-damaging complications of bypass surgery.<sup>1</sup> Researchers compared the brain after the traditional bypass (which uses the pump) with the brain after the “off-pump” (beating heart) surgery by examining the blood vessels in the back of the patients' eyes (retinas) for damage (emboli,

leaks, hemorrhages, etc.). Of those who were on the pump, 5 of 9 patients had damage, whereas none of those undergoing heart surgeries without the use of the pump had eye damage.

The eye is an extension of the brain; therefore these findings reflect injury that occurs throughout the brain. This damage is caused by embolization of bits of debris (emboli) released during the bypass surgery. Examining an artery that supplies the brain (the middle cerebral artery) with an ultrasound machine, doctors could "see" this debris 20.3 times more frequently during "on-pump" bypass surgery than during the "off-pump" procedure.

### **Is Heart Surgery Worth It?**

The July 18, 2005 issue of *Business Week* magazine ran an article, "Is Heart Surgery Worth It?" that should be required reading before anyone is allowed to agree to heart surgery for blocked heart arteries (coronary artery disease). This article talks about the failure of bypass surgery to save lives in most cases, and about complications, including the brain damage. Dr. Nordin M. Hadler, professor of medicine at the University of North Carolina at Chapel Hill and author of *The Last Well Person*, is quoted in this article as saying, "Bypass surgery...should have been relegated to the archives 15 years ago."

You can find this article online at the Business Week web site:

[http://www.businessweek.com/@@EIDaaoQQMOesihsA/magazine/content/05\\_29/b3943037\\_mz011.htm](http://www.businessweek.com/@@EIDaaoQQMOesihsA/magazine/content/05_29/b3943037_mz011.htm)

### **Follow the Money**

Brain damage from bypass surgery is just one example of how people usually learn medical information. Count on some business making lots of money before you hear about it. The importance of cholesterol became well known in order to sell billions of dollars worth of "statin" drugs. The marketing of dairy products, calcium pills, and HRT (hormones) led to osteoporosis becoming a household word. GERD (gastroesophageal reflux disease) is a familiar word thanks to the anti-acid industry—now we are all too well acquainted with our refluxing stomach acids. The list is endless.

You need to protect yourself and your family by following the money trail. Next time you hear something new, at least ask, who benefits by me knowing this information? And always be asking, "How do I really solve my health problems and avoid the medical businesses?" The bottom line is self-care—diet and lifestyle. (See chart next page)

### Brain Damage from Bypass Surgery - The Untold Story

During the typical coronary artery bypass operation the patient's heart must be stopped in order to sew the new vessels around the large, "rock-hard," blockages.<sup>1-3</sup> During these death-like minutes to hours, a marvelous "cardiopulmonary bypass machine" takes over the function of the heart and lungs and keeps the patient's vital tissues alive. Blood is pumped through the plastic tubes and membranes of this heart-lung machine, where carbon dioxide is removed and oxygen is added. However, this machine is far from perfect.



Tiny fragments of plastic break off the tubes and membranes, blood cells and platelets are injured (causing them to form clumps), fat particles are sucked into the patient's circulatory system, and gas (air) bubbles enter the bloodstream. All of this matter is then dumped back into the patient causing diffuse microembolization (delivery of tiny, occluding particles) throughout the person's body. When this debris enters the small vessels it stops the flow of blood to the patient's tissues - causing them injury and often death. Most tissues can regenerate themselves after such injury, but the brain cannot; therefore, permanent damage, with its subsequent deficits, results.<sup>2-4</sup>

After surgery employing the heart-lung machine, nearly all patients show evidence of brain damage based on the release of products of brain tissue injury into the patient's spinal fluid and bloodstream, and other changes in brain physiology.<sup>5-10</sup> Decline in mental function is most severe right after surgery. At the time of discharge from the hospital, between 50% and 80% of patients are having troubles.<sup>4</sup> Five years after surgery a 20% decline in mental function has been found in 42% of patients.<sup>4</sup> Most of the difficulty perceived by the patient is with subtly tasks, like remembering names and numbers. Family members commonly notice personality changes, like "Dad used to be so kind and understanding, and now the slightest irritation sends him into a rage."

All this loss of mental function might be worthwhile for the one million people worldwide (300,000 in the USA) who have bypass surgery annually if not for two undeniable facts:

- 1) Bypass surgery does not save lives in the vast majority of cases;
- 2) The patient and family are almost never informed about the true impact of this common consequence of surgery.

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## Costa Rica McDougall Adventure 2006

Our next **McDougall Adventure trip to Costa Rica** is August 2 to 9, 2006. The weather at this time of the year is some of the best we have found—relatively cool and little rain. The countryside is lush and green with vegetation and the animals are everywhere. This will be our 6<sup>th</sup> trip to this same location. We have rented the entire El Ocotol Resort on the Pacific Coast.

See [http://www.drmcDougall.com/adventures/costa\\_rica03/](http://www.drmcDougall.com/adventures/costa_rica03/) for pictures and evaluations written by previous travelers.

You can fly directly into Liberia International Airport (LIR) which is 15 minutes from the hotel. (An option to fly into San Jose (SJO) will be available with free transportation to the hotel and a 5-hour sightseeing trip.) We have a special airfare from Oakland (OAK) to Liberia for \$629 on a charter, Suntrips. Continental and Delta have frequent flights to Liberia from all over the country. Right now I find airfares into San Jose for \$518. We expect this trip to fill up quickly. The cost is \$1935 pp (double occupancy) which includes hotel, meals, adventures, and a great time. You must arrange your own airfare. A \$500 deposit pp will be required by March 1, 2006.

Contact us at: [office@drmcDougall.com](mailto:office@drmcDougall.com) or call Carol at (800) 941-7111; (616) 874-8155

## 10 Reasons to Go to Costa Rica with Us

#1

### Costa Rica is Our Favorite Travel Destination – Safe, Fun, and Convenient

Costa Rica is a premier destination for travelers from around the world. Over the past 12 years we have taken eight groups to this ecological paradise. Approximately half the people traveling with us have been on a previous McDougall trip and some of them have been all eight times with us to Costa Rica – for two important reasons: they love this trip and traveling with us. Personally, our family has traveled there over 25 times and the reason we keep going back is this is the best destination for the dollar. Costa Rica is a politically stable country with a very low risk of the problems too often seen in this troubled world.

#2

### The Best Value for Your Travel Dollar

The cost for a luxury resort on the beach with all meals and all adventure tours provided would be enough to justify spending \$1935 per person – and feel you spent your money wisely. This trip is a special value because of the quality of the food, guides, and education (see the following reasons). Compare similar trips and you will be spending \$2000 to \$3500 and get much less.

### **No Worries about the Food – Delicious Low-fat and Pure Vegetarian**

We have trained the chefs to cook the foods and they present your meals with professional pride. This cuisine is unique because native Costa Rican fruits and vegetables are used to create delicious and healthy “local” dishes. Each evening meal consists of a buffet spread across three walls. The “tortilla lady” prepares hand-made corn tortillas for you for breakfast, lunch, and dinner. The desserts are memorable and plentiful. Many of the lunches you will enjoy are provided by countryside restaurants located at the adventure sites.

#3

On the typical cruise the average weight gain is 8 pounds in 7 days – you may have heard that figure. But not on this trip – with us you are very likely to lose weight and will definitely return healthier. Coffee is served each morning (for those in need) and alcoholic beverages are available from the bar (charges for these drinks are not included in this package).

If members of your party are resistant to a week of vegetarian foods, reassure them that there are several fine dining opportunities available. However, our experience has been that even children unaccustomed to being without their junk food are eating with us within two to three days – and receiving a life-changing education as a side benefit.

### **“The Best” of Costa Rica from the Same Location - Without Changing Rooms**

#4



We have your week planned so that you will see the natural wonders of Costa Rica from one centrally located resort. Our destination – the Northwest section of Costa Rica – is the most interesting section of this entire country – with the most exotic birds, animals and plants – terrain varying from ocean to rain forest. Each day you will travel to close-by adventures in a comfortable bus with a small group of people and an official guide. This means you spend your time enjoying yourself – not packing and unpacking, transferring, and re-registering. The convenience of this trip is especially appreciated by families with children.

#5

### **Most of You Will Be Able to Fly Direct**

There are many nonstop flights to Liberia International Airport (LIR) located 15 minutes from the resort. In most instances customs is a breeze at this small airport. Your plane will be met by our guides and you will be transferred with little delay.

## High Quality Adventures and Local Entertainment

Each day you will travel with a small group of people and an English speaking official Costa Rican guide to a different adventure. These activities can challenge you. There is horseback riding and/or wagon rides in the rain forest, kayaking, snorkeling, rafting, hiking, bird watching and canopy tours (see below). Regardless of your fitness level, you will have fun and get some much appreciated exercise. You can repeat adventures as often as you like or just relax around the resort. If you are looking for "tourist traps" to shop for souvenirs, you should find another trip. There will be only a few opportunities to buy high quality local items and post cards, because you will be too busy interacting with the scenery, people, animals, and plants.

Each evening we have local musicians and dancers entertaining you at the resort. These talented local people provide a cultural experience you will not find anywhere else.

## Five Days of Adventure

Tree-Top Tour: A canopy tour through the tree tops where you will have a close look at the wildlife. Seventeen cables zip you over miles of scenic rain forest. You will also visit the butterfly farm.

River Tour: You will travel in a rubber dinghy, steered by your oarsman and guide, down the class 1 to 2 rapids of the Corobici River. On our planning trip we saw over 200 monkeys, 100 bats, 75 iguanas, and 1 crocodile. Afterwards, you will go to the Native Cat Park where you will stand inches from Costa Rican cats, like Jaguars and bobcats, separated only by one layer of cyclone fence.

Ranch Tour: Near the Nicaragua border is the Los Inocentes Lodge and Ranch. Here you will either ride a gentle, but high-quality horse, or take a tractor-pulled wagon into the rain forest to see many varieties of monkeys, sloth, iguanas, and birds. While I was at the ranch restaurant, two Toucans landed within 2 feet of me and I petted one's foot before he flew off. Two Scarlet macaws played at our feet. You will get a close up look at wildlife like you never have before.



Tamarindo Town and Estuary Trip: You can take a guided kayak trip out on the ocean or go by yourself up the river on kayaks to see the wildlife. At the beautiful beaches that front the town of Tamarindo, you will have a chance to swim and play in the waves. This is one of the best surfing destinations in

the world and is great for boogie boarding. Horseback riding on the beach and into the rain forest is offered, too.

Ocean and Beach Tour: Twin-engine, covered boats will take you along the coast to isolated beaches. You may see seabirds, dolphins and sea turtles. Stops will be made for snorkeling and swimming. These clear Pacific waters are filled with some of the biggest and most interesting animal life. The water is warm and calm. Daily guided snorkeling is offered.

Relaxing, Nature Hikes, Beach Strolls and Do What You Please: There is every reason to miss one or more of the above adventures, because you are in one of the world's most beautiful destinations. You can also repeat any of the above adventures as often as you like from Thursday to Monday.



#7

**We Have the Best Guides in Costa Rica**

Our familiarity with the people of Costa Rica has afforded us the opportunity to know the most qualified official guides in Costa Rica and we have hand picked the best to serve you during this trip. All are fluent in English, well-educated, experienced, and fun to be with. These important people will become a big part of your vacation memories.

#8

**We Attract Interesting People – You Will Make Long-lasting Friends Quickly**

Have you been on a trip lately where you made friends? That's a lot to expect. However, because interesting, out-going people with common health goals travel with us, you will find yourself enjoying the company of like-minded people within minutes of your arrival. This is a unique experience in companionship.

#9

**You Will Enjoy the Most Comfortable Season in Central America**

Many people mistakenly think travel to Costa Rica in early August will be unbearably hot and humid. Actually, that's Miami and Atlanta you are thinking about – because the sun is overhead these cities in July – and far north of our resort. The air temperatures are in the mid-eighties and the skies are sunny with a refreshing, but short, afternoon shower on some days. The water temperature is in the mid seventies.

#10

**Dr. McDougall will be providing \$50,000 worth of education**

Well, it could be worth that much money if you are considering bypass surgery rather than this vacation. How much value do you place on your health? On your mobility? On your family's health? The information provided by Dr. McDougall's nightly lectures could easily save your life – not to mention your life-savings. Plus, there is plenty of time to talk to John and Mary personally – they are at the resort the entire week – and very approachable.







## Featured Recipes

### **Hoisin-Tofu Lettuce Wraps**

These are a great finger food, fun to eat, but a bit messy. For a lower fat variation, see the suggestion under hints.

Preparation Time: 15 minutes

Cooking Time: 10 minutes

Servings: 4 (enough for 2 people)

#### Filling:

½ cup pine nuts

12 ounces firm water-packed tofu (not silken)

3 tablespoons rice vinegar

2 tablespoons soy sauce

1 tablespoon sugar

¼ teaspoon chili-garlic sauce

dash sesame oil

1-2 tablespoons hoisin sauce

1 cup chopped fresh cilantro OR Italian parsley

8 iceberg or butter lettuce leaves

Toast the pine nuts in a dry non-stick pan for about 4 minutes, stirring constantly, until they are golden brown. Remove from heat and set aside.

Cut tofu into small (1/4 inch) cubes. Combine rice vinegar, soy sauce, sugar, chili-garlic sauce and sesame oil in a small bowl. Heat a non-stick frying pan over medium-high heat, add tofu and sauce mixture, cook stirring constantly until sauce is absorbed, about 3-4 minutes. Stir in the hoisin sauce, mix well, then add the cilantro or parsley.

Heat and stir for about 1 minute. Remove from heat and stir in the reserved pine nuts.

Serve in lettuce leaves, with some additional hoisin sauce to spoon over the top. If desired.

Hints: Instead of the pine nuts, mix ½ cup of chopped water chestnuts in with the tofu before cooking and add an extra tablespoon of the hoisin sauce.

### **Potato Artichoke Casserole**

This may be prepared ahead and then baked just before serving. If refrigerated, add about 10 minutes to the baking time.

Preparation Time: 20 minutes

Cooking Time: 40 minutes

Servings: 4

1 8 ounce package frozen artichoke hearts, thawed

1/3 cup vegetable broth

2 cups chunked red potatoes

1 cup chopped onion

1 cup thinly sliced red bell pepper

1 tablespoon minced garlic

¼ cup pitted kalamata olives, sliced in half

½ cup pureed silken tofu  
1 teaspoon parsley flakes  
½ teaspoon basil  
½ teaspoon oregano  
1/3 cup whole wheat bread crumbs

Preheat oven to 350 degrees.

Thaw the artichoke hearts in a colander for several hours, OR drop into boiling water and cook until just thawed. Drain and set aside.

Place the vegetable broth in a large non-stick frying pan. Add the potatoes and onions, cook stirring frequently for about 10 minutes, until liquid has evaporated and onions are beginning to stick to the bottom of the pan. Add bell pepper and garlic and continue to cook and stir for another 2-3 minutes. Remove from heat and transfer to a large mixing bowl. Add artichoke hearts, olives, silken tofu, parsley, basil and oregano. Mix gently until well combined. Turn into a casserole dish. Sprinkle with the bread crumbs. Cover and bake for 15 minutes, uncover and bake for an additional 15 minutes. Serve hot.

Hints: This may also be made with different kinds of potatoes. Fingerling potatoes are especially good. Green pepper may be substituted for the red pepper, if desired. I have also tried this with canned artichoke hearts and sliced black olives, but the results were not as tasty as with the frozen hearts and the kalamata olives, so I would not recommend those substitutions.

### **Mexican Bean Soup**

This is an easy soup that anyone can put together with very little effort for delicious results! The optional chipotle powder adds a smoky flavor and a bit more heat to the soup.

Preparation Time: 5 minutes

Cooking Time: 30 minutes

Servings: 6

1 32 ounce box vegetable broth  
1 onion, chopped  
1 teaspoon minced garlic  
2 teaspoons ground cumin  
1 teaspoon ground oregano  
2 cups frozen corn kernels  
2 15 ounce cans black beans, drained and rinsed  
2 14.5 ounce cans fire-roasted diced tomatoes with green chilies  
1/8 teaspoon chipotle powder (optional)

Place ¼ cup of the broth in a large saucepan. Add the onion and garlic and sauté for about 4 minutes, stirring frequently. Add the cumin and oregano and stir for another minute. Then add the remaining broth, corn, beans, tomatoes and chipotle powder. Bring to a boil, reduce heat, cover and cook over low heat for about 20 minutes.

### **Butternutty Soup**

This is a mildly spicy, slightly creamy, squash soup. This is delicious with a loaf of fresh bread and a mixed spinach salad.

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Servings: 6-8

1/3 cup water  
4 cups peeled and cubed butternut squash  
1 onion, chopped  
1 tablespoon minced garlic  
1 tablespoon soy sauce

½ teaspoon ground cumin  
¼ teaspoon ground coriander  
4 cups vegetable broth  
½ cup natural peanut butter  
2 tablespoons tomato paste  
½ teaspoon crushed red pepper  
¼ cup chopped fresh cilantro  
2 tablespoons chopped roasted peanuts (optional)

Place the water in a large soup pot. Add the squash, onions, garlic, soy sauce, cumin and coriander. Cook, stirring occasionally, for about 5 minutes, until onion is tender. Add the broth, peanut butter, tomato paste, and crushed pepper. Mix well, bring to a boil, reduce heat, cover and cook for about 20 minutes, until squash is very tender. Mash slightly with a bean masher while still in the pot. Mix well. Serve with chopped cilantro and optional peanuts to garnish each bowl.

Variation: Use 2 10 ounce packages of frozen Cascadian Farms Organic Winter Squash instead of the butternut squash. Add this when you add the broth, after the onions are cooked. The squash will thaw as the soup heats up. No mashing is necessary; just use a whisk near the end of the cooking time. The flavor is slightly different because this is not butternut squash, but the soup is still delicious.

### **Gingered Lentil Soup**

Contributed by Greta Weingast, Silverdale, WA.

Greta wrote me with this recipe and it looks so delicious that I had to share it with everyone. She says she has made this soup 3 times in the past 8 days and served it to guests with wonderful results. Serve it with a crusty loaf of fresh bread and a big green salad.

Preparation time: 15 minutes  
Cooking time: 1 hour 40 minutes  
Servings: 10

½ cup vegetable broth  
2 medium carrots, chopped  
1 large onion, chopped  
2 tablespoons finely chopped ginger  
6-8 cloves garlic, minced  
1 ½ teaspoons cumin  
½ teaspoon ground black pepper  
½ teaspoon salt  
1/8 teaspoon ground allspice  
10 cups vegetable broth  
1 cup brown lentils, sorted and rinsed  
½ cup brown rice  
¾ pound sweet potatoes, peeled, cut into ½ inch chunks  
1 cup frozen chopped spinach

Bring the ½ cup broth to a boil and add carrots and onion, cook, stirring frequently for 4-6 minutes on medium heat or until slightly tender. Add the ginger, garlic, cumin, pepper, salt and allspice, and cook, stirring for 1 – 2 minutes.

Add the remaining broth, lentils, and rice, and bring to a boil over high heat. Reduce the heat to low, cover and simmer for 1 hour, or until the lentils and rice are tender. Stir in the sweet potatoes, cover, and simmer for 20 minutes or until the sweet potatoes are tender. Stir in the spinach, and cook for 5 minutes.

**Two Grain Pilaf with Wild Mushrooms**

By Alex Bury, McDougall Program cooking instructor

This is a delicious way to add some different grains to your meal plan.

Preparation Time: 15 minutes

Cooking Time: 45 minutes

Servings: 4

½ cup uncooked barley  
½ cup uncooked wild rice  
¾ cup water  
1 2/3 cup vegetable broth  
1 tablespoon dried thyme leaves  
1 teaspoon dried marjoram leaves  
1 teaspoon pepper  
¼ teaspoon salt  
white wine for sautéing  
1 medium carrot, thinly sliced  
1 cup sliced or chopped fresh mushrooms  
1 stalk celery, sliced  
1 medium onion, chopped

In a large saucepan combine barley, wild rice, water, vegetable broth, thyme, marjoram, pepper and salt. Cook over high heat until mixture comes to a full boil. Reduce heat to low. Cover; continue cooking until water is absorbed and barley and rice are tender (40 to 45 minutes).

Meanwhile, in 10 inch skillet, sauté carrot in wine for 2 minutes. Add the mushrooms, celery and onion. Continue cooking, stirring occasionally, until celery is crisply tender. Stir this vegetable mixture into cooked rice mixture. Serve hot.