



Report on the September 2006 Advanced Study Weekend

The advanced study weekend held September 29, 30, and October 1 was an outstanding success with more than 160 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.

A Few Representative Comments about the September 2006 Weekend

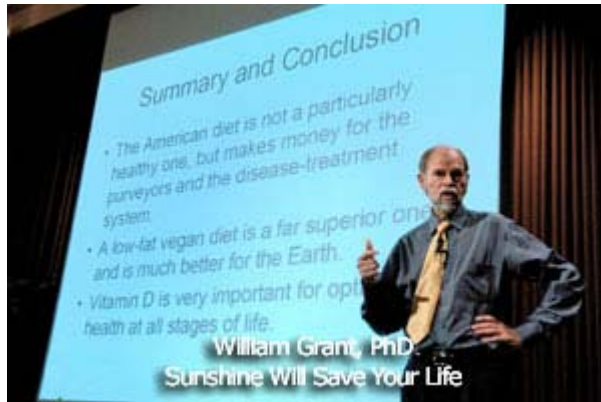
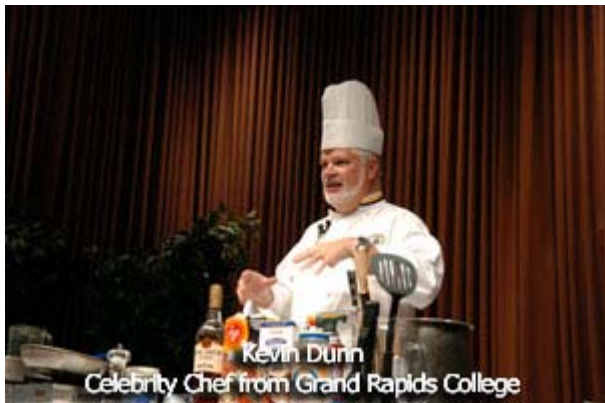
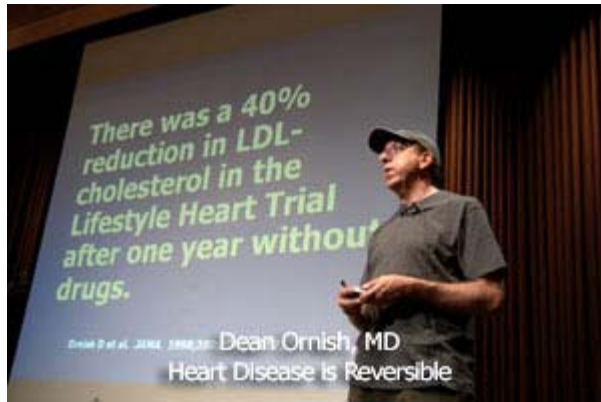
We enjoyed the weekend. I especially liked Cyril's presentation - he showed how difficult it is to mount clinical studies. My girlfriend, who likes cheese and crackers, was impressed with the Sunday lunch - perhaps there is hope.

Thanks again for a wonderful seminar! I really did drag my husband kicking and screaming but he changed his tune about half way thru the weekend. Dan really liked your closing remarks! He has talked of little else since we came back. It will make it easier to stay on track with both of us following the program. On the way home he suggested I invite one of our daughters to come with me next time.

I want to thank you from the bottom of my getting-healthier-every-day heart for providing me with the wonderful, very generous opportunity to attend the Advanced Study/Expo Weekend. Your program was truly a life-enhancing experience for me on many levels. To hear you and talk to you in person reinforced what I already knew to be true: the current model of medical treatment for chronic disease provided by modern medicine is way off track. The Food: I just had to see for myself what a buffet of all-you-can-eat healthy vegan food looked and tasted like! Unbelievable!!!!!! What you and Mary have created is so unique and is truly invaluable. Also, I wanted you to know that the program originally caught my attention because of the word "Advanced" in the title. I don't know if you know how many health care professionals were there, but I met two MDs, three RDs and one other advanced practice nurse.

I am writing to tell you what a great experience the advanced study weekend was for me. I commend you and your staff for putting together a diverse and interesting panel of speakers as well as running a very well organized event.

Here are some animated pictures of our speakers:
Photos by Bill Lawton



The next weekend will February 2,3, and 4, 2007.

Speakers so far are John Abramson, MD—author of Overdo\$ed America; Lorna Sass, award-winning author of 13 cookbooks, and Dan Piraro, creator of Bizarro the daily comic-commentary strip. Other speakers will be announced.

The 10-day live-in program runs nearly every month—this is the safest and most effective way to get off of all your unnecessary medications and get your life back under your control. See www.drmcDougall.com for more details.

Costa Rica for February 2007 is sold out, but we are taking names for the waiting list. We hope to repeat a similar experience in July of 2007.

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