

## Report on February 2007 Advanced Study Weekend

The most recent advanced study weekend, held February 2 to 4, 2007, was an outstanding success with more than 100 people enjoying each other's company, the fabulous food and the nation's top speakers on health. Our keynote speaker, John Abramson, MD gave three outstanding lectures on the pharmaceutical industry, and how to defend yourself, as a patient. The audience could not get enough of his presentations, keeping him well beyond his allotted time. I should also mention how much Dr. Abramson appreciated his warmly receptive audience—he became more relaxed and willing to passionately express himself as his interaction with them continued throughout the weekend.

### A Few Representative Comments about the February 2006 Weekend:

**I wanted to say thank you for a wonderful weekend seminar! I came away with so much good information and a healthier outlook on life. You truly put on a magnificent event with excellent speakers, conveying extremely important information. Your seminars should be mandatory for everyone in the US!!** Kate Oakland

**Thanks again for another special weekend of information and remarkable people in the speakers and those attending. I truly enjoy catching up with folks I have seen before, and getting acquainted with new ones.** Marsha Lang

**We had a great time at your weekend program, thanks again for inviting us, the food and fellowship and speakers were great. We enjoyed very much seeing how you conduct your programs and enjoyed the food and hospitality and facilities. Wish that I had time to sample the exercise facilities.** Clarence Ing, MD

**After a day to decompress and let everything sink in, I can't begin to tell you how impressed I am with your program and all of the speakers at your seminar series this last weekend. Thank you so much for inviting me to attend. The speakers, the food, and all of the information presented were all fantastic and life changing to be sure. When I got home I immediately went through my refrigerator and cabinets and threw a bunch of stuff out. I am also faithfully continuing to follow the diet program and I really feel great.** Paul Supplee

**I wanted to thank you for an excellent "Advanced Study Weekend." We especially enjoyed Dr. Abramson, and it was good to see my friend, Howard Lyman, again. I plan to attend these events as often as I can. Stephen Mulder, M.D., Medical Director, New Choices Institute of Integrative Health.**



John Abramson, MD—Keynote Speaker—Overdo\$ed America



Howard Lyman— The Journey of a Mad Cowboy

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



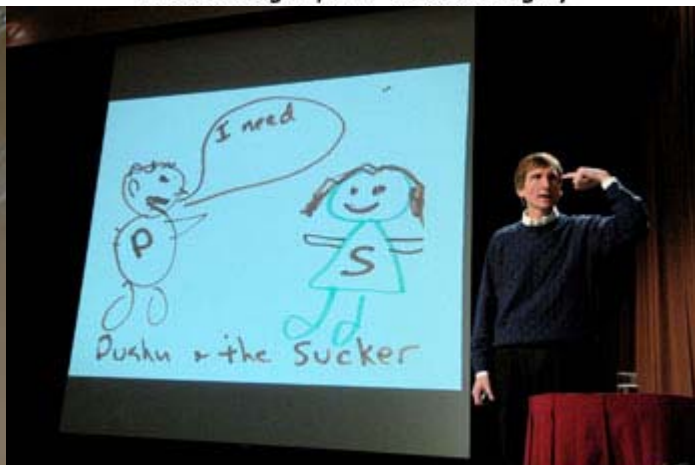
**Clarence Ing, MD—Newstart Program Director**



**Andrew Wagner, MD—Guided Imagery**



**Lorna Sass—Great Vegetarian Cooking Under Pressure**



**Doug Lisle, PhD—Losing Weight without Losing Your Mind**



**John McDougall, MD—Soy: Miracle, Food, or Poison**

**The next advanced study weekend will be September 7-9, 2007—put this date on your calendar. Speakers so far are:**

Brenda Davis, RD author of *Becoming Vegetarian*, *The New Becoming Vegetarian*, *Defeating Diabetes*, and *Dairy-free and Delicious*. See: <http://www.brendadavisrd.com/>.

Michael Greger, MD author of the highly acclaimed book, Bird Flu—A virus of our own hatching. See: <http://www.BirdFluBook.org>.

Also consider attending the **McDougall Maximum Weight Loss Weekend**, May 2 to 6, 2007 and the **Celebrity Chef Weekend**, June 15 to 17, 2007. This is the best money and time you will spend on your health.

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