



Advanced Study Weekend September 7 to 9, 2007

The Advanced Study Weekend held September 7 to 9, 2007 was an outstanding success with more than 160 people enjoying each other's company, fabulous food, and the nation's top speakers on nutrition, health and medicine. Dr. T. Colin Campbell, PhD, appeared as a national hero to his captivated audience. The presentations of Michael Greger, MD's were a work of art. Brenda Davis, RD provided the audience with basic lessons on nutrition and the story behind her personal campaign to save the people of the Marshall Islands from the ravages caused by the rich Western diet. Jason Wyrick, Master Chef, cooked soups of the world for an excited crowd. Most people considered it the best health dollar they had ever spent and planned to return to the February 22 to 24, 2008 weekend. You had to have been there to fully appreciate the experience.

A Few Representative Comments from Attendees of the September 2007 Weekend

I just wanted to thank you and tell you what a great time I had at your advanced study weekend. My sister and I attended last year and decided then to make it our annual girls' weekend. We enjoyed it thoroughly. I was a little concerned that this year wouldn't be as good as last but the caliber of speakers you have each time is amazing. We were both educated and inspired. The speakers were so clear about what foods we should be eating for optimal health that I've recommitted and am feeling the benefits already. Even my three children ages 7 to 16 are excited about eating this way and looking forward to seeing the benefits in their school and sports performance. Lynette Mendoza

Thank you, your lovely wife Mary, Heather, and your growing staff for putting on another fantastic weekend of information and great food. All the speakers were great. René and I never get tired of attending as often as possible. Don Carrier

First, let me say once again how much Joyce and I enjoyed the advanced seminar weekend last week. We are always amazed at the quality of speakers you continue to find and the wealth of information imparted. Al & Joyce Viviani PS The food was really wonderful as usual!

First off let me affirm that what you are doing in the field of health is nothing short of fantastic. I thoroughly enjoyed the weekend seminar. Allen Appell, PhD

My husband and I just returned from a trip that included your Advanced Studies Weekend. It was great! We were inspired by all of the speakers and enjoyed meeting other people who are also on this journey. The food was wonderful and it is so helpful to have some simple, but delicious, recipes that I have tasted to help me stay on the diet. Please thank Mrs. McDougall for her work in this area. Peggy Henry

Thanks so much for an absolutely wonderful weekend. The speakers were wonderful (especially you as always) and Chef Jason was great. I just wanted to let you know that I made two of the dishes that he showed us yesterday for dinner tonight, the 20-minute chili and the blue corn chip salad. They both turned out great and my husband, Jeff, and my daughter really liked them. If I can continue to cook like that every night I can definitely get Jeff on the right track. Shirley Semel

I was just at your health weekend and had a great time and all your speakers were excellent - a better group one could not find. Ron Scheinberg

The speakers you had at your program this weekend were brilliant, humorous, compassionate and motivational. The food was outstanding as usual and my room was fabulous! I will certainly be at the next one. I can't stop talking about everything I have learned! Leslie Altier

I just wanted to say it was a fabulous weekend! Sincere thanks to you and your staff for putting together such a stellar program! Somehow, I always walk away with highly relevant, important knowledge. Sandy Ballinghoff

I just wanted to say thanks for another wonderful weekend! They just keep getting better. I don't know how you're going to top this one. Bill Lawton

What a FABULOUS WEEKEND that was! Thank you again for sharing your passion. We're all signed up for February. Sue Bagoye



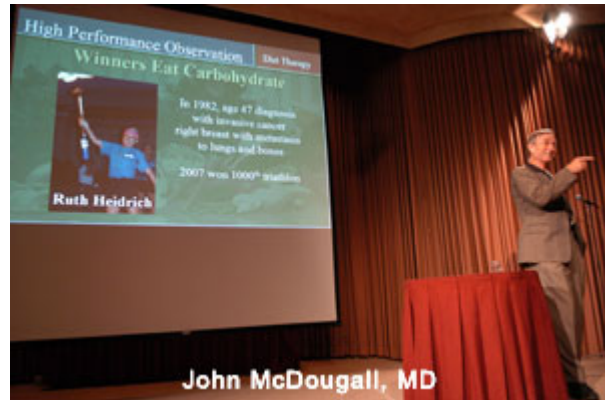
Brenda Davis, RD



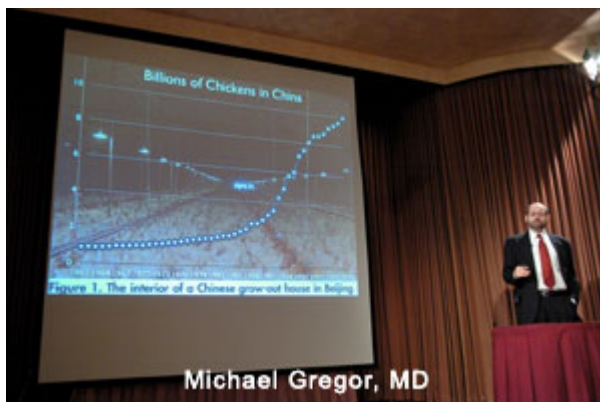
Doug Lisle, PhD



Jason Wyrick, Chef



John McDougall, MD



Michael Gregor, MD



T. Colin Campbell, PhD

The next weekend will be February 22 to 24, 2008:

Sign up now; the last weekend was sold out!

Confirmed speakers so far are:

Joseph Wu, MD, researcher from UC Irvine Department of Psychiatry and Human Behavior, Irvine, CA, who will be talking on controlling sleep as a means of treating depression and insomnia.

Dan Piraro, creator of *Bizarro* the daily comic-commentary strip.

Jeff Novick, RD, world-renowned nutrition expert and comic, and director of nutrition at the Pritikin Longevity Center & Spa.

Jay Gordon, MD, pediatrician, author of the well-received book, *Good Food Today, Great Kids Tomorrow*.

Meredith McCarty DC, NE author of three cookbooks, including the award-winning *Sweet and Natural*.

And, course, Doug Lisle, PhD and John McDougall, MD. And more speakers, to be announced.

The 10-day live-in program runs nearly every other 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. [For more details.](#)

Two rooms are left for Costa Rica for February, 2008. We hope to repeat a similar experience in July of 2008.

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