



# McDougall Newsletter

Volume 7 Issue 04

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## **Four More Health and Medical Considerations for Your Financial Future**

The most important message I repeat at my 10-Day Live-In Program in Santa Rosa, California is, "Your goal is to get out of the medical businesses. And the only way to accomplish this safely is to be healthy. And the only way to be healthy is to eat properly, exercise, and practice clean habits." I would like to add to this, "You must be a productive member of society to survive in times of economic downturn. Your usefulness depends directly upon your health." **PAGE 1**

## **Patients Commonly Receive Misinformation on Osteoporosis Treatments**

The 'By the Way Doctor' column in the February 2008 *Harvard Health Letter* ran questions from readers regarding the safety of the osteoporosis bisphosphonate drugs, such as Fosamax, Actonel, and Boniva. Dr. Anthony Komaroff M.D., Editor in Chief, responded to patient concerns about long term use and the risk of the side-effect of bone necrosis or bone death – particularly in the jaw. One of the correspondents had been taking Fosamax for 11 years. Bisphosphonates are now the first choice for treating and preventing osteoporosis and are widely prescribed worldwide to women and men who have low bone density and fear fragility fracture later in life. **PAGE 5**

## **Readers' Comments on Bill Clinton's Madness**

The following are readers' comments on my article sent April 12, 2008—  
Breaking News: Bill Clinton's Madness: A Consequence of Heart-bypass Surgery Brain Damage. This article has received worldwide attention through the powers of the Internet. So far I have received no serious objections to my claim that bypass surgery has caused our former president an obvious decline in his mental and emotional functions. I wrote this article because of sincere concern for the Clintons and because brain damage from bypass surgery needs to be brought to the public's attention. My intentions were not politically motivated. As a result of this article there has been talk of enacting informed consent laws forcing physicians to disclose this expected effect. **PAGE 7**

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## Four More Health and Medical Considerations for Your Financial Future

The most important message I repeat at my 10-Day Live-in Program in Santa Rosa, California is, "Your goal is to get out of the medical businesses. And the only way to accomplish this safely is to be healthy. And the only way to be healthy is to eat properly, exercise, and practice clean habits." I would like to add to this, "You must be a productive member of society to survive in times of economic downturn. Your usefulness depends directly upon your health."

Poor health could ruin you financially. Being overweight and ill results in underperformance; which is a leading cause of job loss; whether you work for yourself or a big company. In an unhealthy economy unhealthy people will be the first to be let go. Sickness costs your company a substantial amount of money for leave, loss of productivity and replacing you with a substitute worker. If you are self-employed being ill will mean you are now jobless. The downward spiral quickly becomes out of control.

Nearly four million debtors and dependents were [involved in bankruptcy](#) in 2001 in the United States. Nearly half of those filing said illness and medical bills drove them to bankruptcy. Medical bills and drug costs are not the only roads to financial ruin; loss of health quickly leads to loss of income and then loss of "health" insurance. Three-quarters of bankrupt people had medical insurance at the time of their job loss. So don't count on being saved by your current coverage. Most bankrupt people were middle class homeowners who had been to college. So don't count on your education and current security to save you. Your health is fundamental for your survival.

### Sickness Is Expensive

#### Consider Some of These Costs:

- Loss of productivity
- Loss of employment
- Loss of opportunity
- Job replacement
- Immobility (physical limitation)
- Chronic pain
- Doctor's visits
- Laboratory costs
- X-ray (imaging) costs
- Physical therapy
- Occupational therapy
- Retraining
- Medications
- Hospitalization
- Surgery
- Long-term care
- Increase in insurance premiums
- Loss of insurance coverage
- Cesarean birth (rather than vaginal birth)
- Birth defects in offspring

To avoid financial ruin, and better yet, to get ahead in life, begin by looking at those changes that will make the biggest impact on your life. Begin by focusing on improving your health and personal appearance.

### First Consideration: Healthy People Attract Employers and Customers

The association of health and attractiveness is, by natural design, for the preservation of the species. This is obvious in sexual relationships. We are drawn to healthy people, because those are the ones we want to mate—to share our genetic material—with. Therefore, better health will enhance the chances of loving relationships for the purpose of quality offspring.

In plutonic relationships health is also the magnet that pulls us together. In times past, villages of people depended upon the strengths of their individual members in order to survive. Physically powerful people could hunt, gather, and defend for the sake of all others. The sick were a burden, often discarded. These same principles transcend to businesses today. Being healthy means you are more likely to add to the common goals of the com-

pany. Hardy employees work harder, for longer hours, more cleverly, and more efficiently—they are valuable contributors. Good health radiates your worth to others, resulting in advancement in your career.

The rich Western diet condemns people to become fat and sick just like the opulent aristocrats of yesteryear. Back then only a few unproductive nobles could be supported by their meager society. With the increases in productivity following the industrial revolution, the common person could afford to eat like the kings and queens. But it wasn't until the past few decades when people living in Western countries were able to reap the advantages of cheap fossil fuels that an economy was created where two-thirds of the people could be-

**Research Shows:**

American society adores the slim and deplores the fat.

Obese applicants are rated as less qualified for jobs.

Obesity has led to weight-focused job interviews, forced resignations, denials of promotions and insurance coverage, and exclusion from office social functions.

Both the diabetic and obese applicants are less likely to be hired.

Obesity has lowers self-confidence, forces concealment of weight, and channels the obese into low-paying jobs.

Both the obese and the diabetic applicants are viewed as having poorer work habits.

Obesity has also led to lower incomes (\$6,700 a year less), and higher rates of poverty (10 percent higher) are found among obese women.

Wages of mildly obese white women were 5.9 percent lower than standard weight counterparts; morbidly obese white women were 24.1 percent lower.

Diabetics are rated as much more likely to have medically-related job absences.

Obese applicants are rated as more likely to have other absences (e.g. abusing company privileges by feigning illness) and to have emotional and interpersonal problems.

A survey found 47 percent of obese Americans believe they have suffered discrimination in the workplace, while 32 percent think obese employees are less likely to be respected and taken seriously in the workplace.

Overweight and obese students, especially girls, are less likely than the non-obese to be accepted by the more competitive colleges.

Overweight people are less likely to attend college even though they score high on standardized tests and are academically motivated.

Overweight students are more likely to be refused letters of recommendation from faculty members.

come part of the waddling masses—and they have. All this is changing. With advancing economic downturn, unhealthy people may be abandoned, out of necessity. So, if you are in that unproductive group, this is the opportune time to regain your lost health and appearance.

By changing to a starch-based diet, with a little exercise, you will increase your chances of surviving by becoming a more productive member of society. Results from making this change in eating habits are no less than medical miracles. The average weight loss in overweight people is 4 pounds a week without ever being hungry. Cholesterol reductions of 25 mg/dL (.66 IU) follow from one week of a no-cholesterol, low-fat diet. Reductions in blood pressure of 15/13 mmHg after stopping medications can be expected. (For more details see the February 2005 McDougall Newsletter.) The benefits from positive living continue so that most people are able to achieve trim body weight, feel well, and regain full function. Plus, they are now free from dependency on expensive medications.

**Third Consideration: Reduce Medication Costs**

Your goal is to stop all medications, but sometimes they are necessary. In that case, purchase wisely.

Pharmaceutical companies dictate the prescribing habits of most medical doctors. Instead of controlling blood pressure with inexpensive diuretics (like chlorothalidone) costing less than \$4 a month (at places like Wal-Mart, Sam's Club and neighborhood pharmacies); the drug companies persuade your doctor to use pills costing \$1 to \$2 each (for example, name-brand calcium channel blockers, ace inhibitors, and angiotensin receptor blockers).

If you must take medications then insist your doctor prescribes conservatively, with only your—not the drug companies'—welfare in mind. If you are taking medications, then ask your doctor on each and every visit why you must continue. Is this medication still necessary? If you don't ask the subject is unlikely to come up during the office visit. If there is any question about its necessity, then ask for a "trial without the medication." My opinion is that most people are taking ineffective medications that are doing them more harm than good. The adoption of a low-sodium, low-fat, starch-based diet cures many people's chronic ailments from arthritis to constipation—further alleviating the need for medications.

#### **Some Better and Cheaper Generic Medications to Consider:**

Arthritis: Aspirin  
Atrial Fibrillation: Digoxin  
Cholesterol: Pravastatin, lovastatin  
Diabetes (type-2): None, insulin, glucophage  
Hypertension: Chlorothalidone, atenolol  
Infections: Ampicillin, erythromycin, penicillin, etc.  
Thyroid: Levothyroxin

#### **Fourth: Buy Only the Medical Insurance You Need**

The real purpose of insurance is to share risks from unexpected occurrences, like accidents. In reality, most of insurance premiums are spent to treat conditions caused by expected occurrences due to unhealthy living, such as coronary heart disease (angioplasty and bypass), hypercholesterolemia (statins), and GERD/heartburn (antacids). It is unfair for those of us who eat and live well to pay for other people's foolishness. Ideally, there would be an insurance company set up for non-smoking, non-alcoholic, exercising, low-fat vegans. Since there is not such a company we are forced to purchase insurance that spreads everyone else's risks to us. I do believe you should have sound coverage for you and your family, and not go without insurance if you can afford it.

One way to lower your medical insurance costs is to buy only the insurance you are likely to need. If you are in good health, limit your coverage to major medical. This coverage excludes doctor's office visits, routine check-ups, annual physical exams, follow-up visits for drug refills, and minor medical expenses. Unexpected accidents or major illnesses are covered. With major medical insurance you are buying a policy with the highest affordable deductible available. You should be able to find a policy with a \$4000 deductible that will still keep you from financial ruin from a 3-day hospital stay costing \$40,000.

If you are not in good health and need ongoing care, then look for the best coverage available to you at the best price. In many cases this will be a HMO dedicated to keeping healthcare costs under control, such as Kaiser Permanente.

Regardless of the kind of health coverage you buy, be sure to check your policy carefully for exclusions from coverage and other loopholes that might leave you with thousands of dollars of out-of-pocket costs if serious illness strikes unexpectedly.

#### **Sickness Is Expensive and Nonproductive**

I believe most people fail to make changes in their diets for two reasons: First, they do not believe something as low-tech and inexpensive as food choices could cause a profound difference in their lives; and second, they cannot imagine themselves following a diet based on starches, rather than the one they

know so well of meat and dairy products. With continued economic downturn these obstacles may be forcibly removed. People will change to simple foods out of necessity. The new society cannot support unproductive members—sickness will be a luxury no one can afford. Now is the time to get ahead of the trend and make long-overdue changes.

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## Patients Commonly Receive Misinformation on Osteoporosis Treatments

The 'By the Way Doctor' column in the February 2008 *Harvard Health Letter* ran questions from readers regarding the safety of the osteoporosis bisphosphonate drugs, such as Fosamax, Actonel, and Boniva. Dr. Anthony Komaroff M.D., Editor in Chief, responded to patient concerns about long term use and the risk of the side-effect of bone necrosis or bone death – particularly in the jaw. One of the correspondents had

been taking Fosamax for 11 years. Bisphosphonates are now the first choice for treating and preventing osteoporosis and are widely prescribed worldwide to women and men who have low bone density and fear fragility fracture later in life.

Concerned by inaccuracies in the column, Gillian Sanson, author of 'The Myth of Osteoporosis' wrote the following to Dr Komaroff:

Gillian Sanson is a woman's health educator and researcher in Auckland, New Zealand. She is the author of *Mid-Life Energy and Happiness* (Penguin Books NZ 1999) *The Osteoporosis 'Epidemic': Well Women and the Marketing of Fear* (Penguin Books NZ 2001) and [The Myth of Osteoporosis](http://www.gilliansanson.com) (MCD Century Publications, MI 2003). Her web site is [www.gilliansanson.com](http://www.gilliansanson.com).

Gillian is currently making a documentary on bisphosphonate drugs that considers how they have seamlessly replaced HRT as the universal osteoporosis prevention strategy despite questionable effectiveness, lack of long term safety data and known serious risks and side-effects. The film includes interviews with osteoporosis authorities, representatives of the FDA, the NIH and the WHO, researchers, women's health advocates, and consumers.



January 31, 2008

Dear Dr. Komaroff,

Although no doubt intended to be helpful, your advice in response to recent questions in the Harvard Health Letter regarding the use of bisphosphonates could be misleading for readers as it appears to over-



state the benefits and underplay the risks.

Whether bisphosphonates make bones stronger, as you advise, is questionable. They do not re-build bone, and although remineralisation and bone density increase occurs, the evidence for anti-fracture benefit from the drugs is minimal. Fosamax for example, is claimed to reduce hip fractures by 50 percent in high risk women with low bone density and previous vertebral fracture, but the actual or absolute reduction is one percent. In real terms, 90 such women would need to be treated for three years to prevent one hip fracture in one of them.<sup>1</sup> It is estimated that hundreds of women aged 50 years with low bone density alone would need to be treated for more than 3 years to prevent one hip fracture in one of them.<sup>2</sup>

Studies have found vertebral fracture benefit with Fosmax, Actonel and Boniva in high risk individuals where bone density is very low and there has been a previous vertebral fracture. But even then the drug will not benefit the majority who take it. For example, some 22 older women in this category would need to take Fosamax for three years to prevent one vertebral fracture discernible by X-ray in one of them.<sup>3</sup>

Although bisphosphonates may favorably influence bone density loss, there are concerns that because their mechanism of action suppresses the bone remodeling process, long term use may result in brittle bones that are prone to fracture.<sup>4</sup> Increased bone mineralization has been shown to increase micro-fracturing in animal studies.<sup>5</sup> Of note, a Connecticut woman has this week sued Merck & Co., claiming that Fosamax caused multiple stress fractures and suppressed bone regeneration in her legs.<sup>6</sup> She took the drug from 1996-2006.

Bisphosphonates have an indefinite half-life of at least 10 years duration so the effect of the drug continues for better or worse once stopped. The amount of drug within the bone will accumulate with use thus continuing its effect for better or worse. There is no known method of removing the medication from the bones. The reader who questioned you had already been taking the drug for eleven years. Surely it would be prudent for her to discontinue at this point?

You maintain that "many well designed studies involving thousands of women have found that – at least for 10 years- the effect of bisphosphonates like ibandronate is to strengthen bone and prevent fractures". There has only been one trial of any bisphosphonate that has continued for more than 5 years – the Fracture Intervention Trial extension.<sup>7</sup> This extension to the original trial is considered by many to be of little clinical value as it was small and poorly designed – and particularly flawed as the 'placebo' group had previously taken Fosamax for three or more years. Although the study showed that bone mineral density continued to increase with up to 10 years of Fosamax use, it is not at all clear that this meant a reduction in fracture. The research that answers this question has yet to be done. The small numbers precluded any definitive evidence regarding long term safety.

The gastro-intestinal side-effects of bisphosphonates have been well documented, and you will be aware that the FDA has this month [issued an alert](#) about the previously lesser known side-effect afflicting many users of chronic, often severe, joint and bone pain, swelling of ankles and feet, muscles cramping and stiffness, and difficulty walking. There is also evidence from a paper in the [January 15, 2008 Journal of Rheumatology](#) that oral bisphosphonate drugs nearly triple the risk of developing bone necrosis.<sup>8</sup> They have also been found to double the risk of atrial fibrillation.<sup>9</sup> [The Systematic Review: Comparative Effectiveness of Treatments to Prevent Fractures in Men and Women with Low Bone Density or Osteoporosis](#) in the February 8 2008 issue of Annals of Internal Medicine concluded that "data are insufficient to determine the relative efficacy or safety" of all the studied drugs.<sup>10</sup>

[A BMJ article](#) this month (Jan 2008) warns that a series of recent scientific publications have exaggerated the benefits and underplayed the harms of drugs to treat pre-osteoporosis or "osteopenia", potentially encouraging treatment in millions of low risk women.<sup>11</sup>

In the absence of clear evidence for long term safety, and for benefits that outweigh the risks, the current practice of widely prescribing potent bisphosphonates needs to be reviewed. I am greatly concerned that the rush to provide costly and risky medical solutions for low bone density in healthy postmenopausal women is drawing attention away from the very important issues of preventing falls in the elderly, diagnosing genuine sufferers, and encouraging regular exercise and appropriate diet to maintain bone health.

Yours sincerely,

Gillian Sanson  
[www.gilliansanson.com](http://www.gilliansanson.com)

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## Readers' Comments on Bill Clinton's Madness



The following are readers' comments on my article sent April 12, 2008—Breaking News: Bill Clinton's Madness: A Consequence of Heart-bypass Surgery Brain Damage. This article has received worldwide attention through the powers of the Internet. So far I have received no serious objections to my claim that bypass surgery has caused our former president an obvious decline in his mental and emotional functions. I wrote this article because of sincere concern for the Clintons and because brain damage from bypass surgery needs to be brought to the public's attention. My intentions were not politically motivated. As a result of this article there has been talk of enacting informed consent

laws forcing physicians to disclose this expected effect.

I have placed comments critical of my position (mixed with supportive comments) up front for your review. Some of the responses refer to a [letter I sent](#) to the Clintons two days prior to his original surgery (September 4, 2004), warning him of the lack of benefits and the risks of this major operation, including the

near certainty of brain damage. More comments on this subject are found in my [September 2004 newsletter](#).

#### Letters:

Thank you for the article on Bill Clinton's Madness, This is the first time I have read of what I KNOW is a result of Bypass surgery. I have mentioned what I felt might be a "side effect " of this surgery to MD's through the years and was dismissed for even thinking this could be a result. So I have kept my mouth shut. I am an RN. I have experienced this first hand, observing my fathers emotional and cognitive and behavior after bypass surgery. He never returned to himself. Through the years I have quietly taken it upon my self to gently tell my patients wives, their husbands may not be themselves after surgery, especially the first year." I was well aware not to speak negatively against their MD, nor introduce new choices . I felt I could only help in the moment. DY

Thanks for your recent article about Bill Clinton and his post-bypass surgery emotional changes. As a pastor, I have seen this exact phenomenon with many of my parishioners who have undergone this surgery. One very common thing I've observed is that many men are confused by the fact that they are suddenly much more emotional. For some of them, their inability to control their tears is a source of real embarrassment. In knowing what to expect, it is easier for me to counsel patients and family members who are often taken aback by unexpected emotional changes. Thanks again for bringing this important subject to the forefront. Hopefully, we can all be more understanding to those around us. Rev. LP

I am deeply saddened and angered by your portrayal of President Clinton. Contrary to what you assert, the President and Senator Clinton have shown great restraint in their dealing with the most egregiously bad media coverage of an election in memory. What factual mistakes? What racial slurs? What public humiliation? And for you to promote the notion that, "everyone sees his mental and emotional decline", is outrageous. And for what? To advance the idea that doctors are lying to their patients about post surgical depression? That's been common knowledge since the first artificial heart operations. Perhaps I'm most troubled by the use of the title "Breaking News – Bill Clinton's Madness" It tells me that you have most likely distributed this to the media - to feed their insatiable desire to denigrate the Clintons. I was a patient of yours many years ago in Kailua. You have been a hero to me, and you and Mary changed my life for the better. Even at my age, it's hard to give up heroes. CF

...you tried to tell him....Great article...thanks. Marianne

Bill Clinton's Madness. Thank you Dr. McDougall. My husband had a 4-way bypass 2 years ago and I have been publicly humiliated by his outbursts at me (very uncharacteristic before surgery) and have been stressed by all of this. Now I know the cause and I am going to give this to his doctor. EC

I would question your judgment with this public announcement about Bill Clinton at this time. Of course, you may be putting this forth now, in a back door attempt to support a candidate, other than Hillary Clinton. Hmmm.....TKT

Hello, My name is Wanda. In 2000 I had a double bypass, plus the next day they had to open me up again. I was told by 2 doctors in the last 2 years that nothing was wrong with my memory except I was getting old. I had asked the doctors because over quite a few years my memory was getting worst. Also my friends and family are always laughing and saying how funny I am. When I don't feel that I did something funny. So Thank You for your newsletter. Also my spelling has gotten real bad. I have to double check every word. Sincerely, WH

Thanks for the ballsy article about Bill Clinton. I appreciate your voice, even though it remains crying in the wilderness of American corporate - owned media. I have benefited from your & Mary's work, and wish you the best in the future. -jms

Your email regarding President Bill Clinton is out of line. You have a lot of nerve making this "judgment" based on nothing more than your observations from afar. You are spreading malicious rumors and I am aghast. You lead me to the conclusion that you are not the person you portray yourself to be. I have unsubscribed from your email list and will offer this opinion of you whenever your name or your products are mentioned to me. NG



## McDougall Breaking News

### Bill Clinton's Madness: A Consequence of Heart-Bypass Surgery Brain Damage

#### We Need to Understand and Show Some Compassion

One of the savviest politicians of our generation, known for his wit, charm, and calm under extreme pressure, Bill Clinton appears out of character in the speeches and interviews televised since his bypass surgery September 6, 2004—and his mental deterioration may be accelerating. Remember, this is the president who withstood public impeachment before the entire world for his relationship with Monica Lewinski without once losing control. Now, he is easily angered by hecklers, and makes factual mistakes and racial slurs while aggressively defending his wife's campaign for presidency. Everyone sees his mental and emotional decline, yet to date, no medical professionals have spoken out about the cause or offered help.

Not a single one—not one bypass surgeon, cardiologist or psychiatrist—has stepped forward in his defense; even though all of them are trained to recognize “post bypass surgery cognitive dysfunction.” One of the best-kept secrets in medicine is the brain damage caused during bypass surgery. During my 40 years of medical practice I have never heard a doctor warn a patient before bypass surgery that an expected complication is memory loss. After surgery when the family complains of dad's fits of anger, I have never heard a doctor admit that personality change is a common consequence of surgery. Yet these well-recognized side effects have been reported in medical journals since 1969.<sup>1</sup>



Brain damage during bypass surgery is so common that hospital personnel refer to it as “pump head.” The primary cause is emboli produced during surgery from clamping the aorta and from the “heart-lung machine.” This machine pumps blood to keep the patient alive while the heart is stopped during the operation. Unfortunately, this pump also introduces toxic gases, fat globules, and bits of plastic debris into the bloodstream of the patient under anesthesia. Once they are in the bloodstream, these particles migrate to the brain where they can clog capillaries and prevent adequate amounts of blood and oxygen from flowing to the brain. Essentially, all patients experience brain emboli during surgery and for many the damage is permanent.

In 2001, an article in the *New England Journal of Medicine* reported that 5-years after bypass surgery 42% of patients showed decline in mental function of approximately 20 percent or more.<sup>2</sup> A study published this year (2008) in the *Annals of Thoracic Surgery* using MRI testing just after bypass surgery found brain damage in 51% of patients.<sup>3</sup> Three years after their time on the bypass pump, significant permanent reduction in mental capacity was identified in 31% of patients. I am not talking major stroke here; but these patients can't remember names or numbers as they once did, experience sleep disturbances (including nightmares), suffer mood swings, and lose intellectual acuity. Approximately 30 percent of people suffer persistent depression and some even contemplate suicide.

Our former president needs our understanding and support. A simple explanation by his doctors of the cause of his recent aberrant behaviors should bring peace of mind to Hillary and her campaign staff. If Mr. Clinton better understood his current limitations, he and his staff could take precautionary steps to avoid embarrassments. A long-overdue explanation would help his adoring public more easily accept his mistakes and readily forgive him. It is not your fault, Mr. Clinton.

As importantly, public recognition of the harm done to Bill Clinton by the heart surgery business would help the patients who undergo bypass surgery, and their families, to better understand similar changes they have experienced. A little attention from the media could also shine some light on the lack of survival benefits from this \$90,000 procedure performed nearly half-a-million times annually in the US, and the superior benefits coming from diet and lifestyle changes.

I am saddened to see our former president suffer from public humiliation, but I am disgraced that my profession has thus far failed to come forward with a long over-due explanation and an apology to the Clintons and our nation for the harm they have done and the secrets they have kept.

John McDougall, MD  
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Thanks so very much for this news alert about the consequence of heart bypass surgery that affects many people. As much as I admired our former President while he was in office and even after for all the adjectives you mentioned...even bought one of his books, I started to turn aloof from all the negative remarks and uncontrollable behavior he exhibited during this long campaign. I thought his un-witty expression of extreme aggression has been distasteful and harmful. I really thought it was all due to his denial of how the results of the caucuses and primary elections were favoring and going on an attack mode was the only way he could release his emotions. You actually opened my eyes with your report. So I will forgive him for all the embarrassments he is causing his family and the party. J

Thank you Doctor McDougall for the article on open-heart surgery. My Mother was on the heart-lung machine nine hours and did indeed have memory loss that plagued her for the last 7 years of her life. I am glad she had the surgery because it saved her life...KB

Thank you Dr. McDougall. I, too, have witnessed President Clinton speaking and have seen signs of the results of heart bypass surgery in his conversations. Why would I know? My mother had "emergency" bypass surgery 6 years ago; we will be celebrating her 80th birthday this week. But, as you probably guessed, the mother we have with us now is not the mother we had 6 years ago. She gets confused, befuddled, starts to ramble in her conversations. Her eyes are vacant; she has lost most of the passion for life that she once had. Thank you for your compassion and work to get the word out. I hope people start to listen. DW

Good point of view, John, I will take some time this evening to see if how much I agree. Of course, I'm one of those Republicans who can't like this formerly likable guy, so let's think about compassion. JJ

What left field did your article come out of? What brought forth this type of article? In this election year, was your article written to have some sort of impact against the Clintons. I think your "Bill Clinton Madness" article was inappropriate. LC

BRAVO! John, for bringing this little known fact about heart surgery to the attention of the yet uninformed American public. GC

Is there similar data that you are aware of when the Cardio Bypass has been without the pump? It is commonly referred to as beating heart bypass. I had quadruple beating heart in July of 2004. I know a number of others including my close colleague, Dr. William N., who have experienced beating heart bypass. We interact most every day and have been on guard to observe cognitive changes in one and other's behavior. Your concern for "Bill Clinton's Madness" has also had my concern. Thank you for calling it to our attention. PS

Bravo yet again! Such important thoughts. And as usual so clearly and eloquently and cogently expressed. When will they listen? A

I have sent this to about a dozen people I thought it was so interesting. Several experts mentioned that the Statins also may be causing these symptoms! JR

I'm so glad (yet really saddened) that you have stated the reason why President Clinton has been faltering lately. I'm no doctor but thought this very same thing when he first started saying things on the campaign trail that seemed so out of character for him. It's really so sad. Thanks for continuing your "campaign" to better health. ES

Congratulations!!!!!! This is an excellent article and most of all..... kind to the Clintons. Thank you! RMGM

Thanks for the enlightenment on this widely used procedure and its adverse consequences. You stated that your profession has not come forward and explained to the Clintons as to Bill Clinton's being out of character in his speeches and interviews since his 2004 heart by-pass surgery. Since you know what the problem is, have you notified the Clintons and others of this adverse permanent effect of having by-pass surgery? Just last night, we were watching "Your Total Health" program on television and they had a segment on Stents vs. Heart By-pass Surgery and doctors agreed that the Heart By-pass Surgery was better for the patient than putting in stents. Evidently, as you stated in your "breaking news", these doctors probably don't warn the

patient or their families of the possible permanent brain damage. This recommendation for heart by-pass surgery was probably because there is more money in it and people wonder why medical costs are going up all the time. MF

This is outstanding. Who but you would do it and so well. Congratulations!!! AE

Just a short e-mail to tell you how much I appreciate the information in your recent "Breaking News on Results of Heart Surgery". I had bypass surgery about six years ago and EECP about a year and a half later. I have been on The McDougall Weight Loss Plan since Jan 2006. The results have been excellent, no more pills and I feel and look great. I am 84 years old next month. I do experience memory loss a bit and wondered if that was just old age. RA

Clinton stopped here in Charleston SC in JAN 08 and guess what and where he ate??? Hot dogs and French fries! I fear our president will not be with us much longer. Many Thanks, RP

I cannot thank you enough for this article. Not only does it help me understand (rather than judge) a president who I have had admiration for, but it helps me understand my father who lives with me. He was an eye doctor, mathematician and engineer, but after his surgery he began hearing voices and insisting that a spirit was bothering him. He went from the most grounded person to sounding psychotic at times after his surgery. Psychotropic medication did nothing for him, so thank you once more for helping me with my understanding! Gratefully, NE

Bill Clinton's Madness. Wow, this is pretty scary! Altho, I remember attending a lecture Dr. Mueller gave at his office one evening on ... uuhh, what is that procedure called where a healthy mixture of amino acids and other things (I think) are injected intravenously to prevent the clogging of the arteries??? Well, anyway, in that lecture, he said he would die a hundred deaths before he would ever undergo bypass surgery because of the damage it does to the brain while under the anesthesia. I'll never forget that. Wonder if Mother was affected by that? ... remember she had that bypass after returning to Knoxville, and that could have been just an additional cause of her mental decline. Scary. SW

These are such important insights. People need to know these things. I hope you forwarded your article to a number of newspapers? I wonder whether they would refuse to publish it, fearing angry reactions from cardiologists and the bypass industry? Thank you for keeping us abreast of research-based health facts. You are a gem. A.

My mother forward to me the article that you wrote concerning President Clinton current state of health. I am deeply impressed by the information that you have provided to us about the consequences of Bypass surgery. Since I was little I knew that type of surgery is extremely dangerous; however, I never knew about the aftermath. I am a SDA and a registered Republican but I do agree about showing Mr. Clinton compassion. About his recent behavior despite he can handle in a more professional manner but it shows me that he loves his wife deeply and wants her to win. You should be the one to tell him about the danger of the surgery and offer him advise about getting his health back to normal. His doctors won't tell him anything because they want his money. That is why health care is really bad in this country. Thank you for taking the time in writing such awesome articles. Keep up the great work and always stand up in what you believe in. GR

Please send this letter to Mrs. Clinton and the President. It is so sad to think of his strong mind being compromised. You would do all a huge service if those around them could help the Clintons understand his problem. Thank you. SC

...interesting, this is what you said would happen in your book !.....thanks for the insight...MA

Funny thing, my father had this surgery. He's changed a lot since then. He used to be short-tempered and pretty mean some times. I think he's actually mellowed out a lot. I think the surgery had the opposite effect on him. :-) :-) :-) A

I am so proud of you for speaking the truth!! Many blessings on the good work that you do. J

Thanks so much for the article on Bill Clinton. I have to confess that I am so sick of all the Obama slobbering on TV, that I have not seen any of Bill Clinton's speeches or interviews lately (TV avoidance). However, I do read transcripts of what he's reported to have said. As far as racist's remarks, I have not found anything remotely racist in any of his remarks. It seems to me that it is the Obama camp who are constantly "playing the race card". I sometimes feel that it is at the point where any public figure who does not make comments praising Obama is deemed a racist!!!! OK, so I might be the exception among those not having love for Obama. I am African-American, and a vegetarian. Naturally, Kucinich was my choice. Not only is he totally anti-war (unlike all 3 of the remaining candidates), but he was also the only one who does not take pleasure in eating the flesh of slaughtered animals!!!! Thanks again for the article. I have forwarded it to my family and friends. BBF

Wow!!! That's interesting ... you are right .... Don't mention it or else we will then have worsened blood pressure problems!!! P&M

I had a triple bypass done seven years ago and I don't have any of these problems mentioned. I don't seem to have the same "drive" system that I used to have, but that may be a natural result of aging. But, I do get a lot of exercise (ride a bike five days a week for an hour per trip – both hills and flat) and I eat well -- stick fairly close to Dr. Fuhrman's diet -- and keep my brain busy -- still in business (onlinesigns.com). But, I have noticed that Clinton does seem to be "losing it" fairly often. JB

An excellent article, Dr., I had heard about this problem but never associated it with Clinton's situation. BH



## Featured Recipes

### Breakfast Tortillas

Preparation Time: 5 minutes (cooked rice needed)

Cooking Time: 20 minutes

Servings: 4

2 cups shredded hash brown potatoes

1 cup cooked brown rice

1 cup fresh spinach, kale or chard

1/3 cup fresh salsa

1/3 cup frozen corn kernels, thawed

1/4 cup chopped green onions

4 whole wheat tortillas

Place the potatoes in a dry non-stick skillet. Cover, and cook for about 5 minutes over medium heat before turning for the first time. Continue to cook and turn frequently until lightly browned, about 12 minutes. Add the remaining ingredients, except the tortillas, and cook stirring occasionally, until heated through. Spoon a line down the center of each tortilla, roll up and eat. Add more salsa or hot sauce, if desired.

### Oriental Salad Dressing

Preparation Time: 3 minutes

Servings: makes 1 cup

1/3 cup water

1/4 cup rice vinegar

1/4 cup low sodium soy sauce

1/2 teaspoon crushed red pepper (optional)

1/4 teaspoon crushed garlic

1/4 teaspoon crushed gingerroot



¼ teaspoon guar gum

Combine all ingredients in a small jar with a lid and shake until well mixed.

Hints: Guar gum is a thickening agent that does not require cooking. It gives oil free dressings a nice consistency for clinging to salad leaves.

### **Quick Bean Mix**

This is a mixture I usually have in my pantry, stored in a covered container, for use whenever I am in the mood for a quick, yet hearty bean soup.

- 1 cup split green peas
- 1 cup split yellow peas
- 1 cup brown lentils
- 1 cup red lentils
- 1 cup barley
- 1 cup orzo (pasta)

Combine all ingredients in a covered jar and store in your pantry.

### **Quick Bean and Vegetable Chowder**

Preparation Time: 5 minutes

Cooking Time: 1 hour

Servings: 4

- 1 cup quick bean mix
- 4 cups vegetable broth or water
- 1 onion, chopped
- 1 cup frozen diced hash brown potatoes
- ½ cup diced celery
- ½ cup frozen corn kernels
- 1 tablespoon soy sauce
- 1 bay leaf
- ½ teaspoon marjoram
- ½ teaspoon thyme
- ½ teaspoon sage
- freshly ground pepper to taste

Combine all ingredients in a large soup pot. Mix well, cover, bring to a boil, reduce heat and simmer for 1 hour.

Hints: To make this into a thicker, more stew-like chowder, add some fresh chunked potatoes instead of the frozen ones, and a few chopped carrots. Then just before servings, stir in some chopped kale or chard, and cook until softened.

### **Southwest Jambalaya**

This is one of my favorite hearty vegetable dishes. There are so many delicious vegetables in this dish that I always feel healthier just eating it!

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Servings: 4



1 onion, cut in half and sliced into rings  
1 bell pepper, chopped  
1 carrot, cut in half lengthwise, then sliced  
1-2 cloves garlic, minced  
½ cup vegetable broth or water  
1 bunch green onions, cut into 1 inch pieces  
1 ½ cups sliced napa cabbage  
1 tablespoon soy sauce  
1 teaspoon chili powder  
1 teaspoon basil  
2 cups chopped plum tomatoes  
2 cups packed chopped spinach  
2 15 ounce cans black beans, drained and rinsed  
½ cup salsa  
several dashes of hot sauce, to taste  
2 tablespoons chopped fresh cilantro

Place the onion, bell pepper, carrot, and garlic in a large pot with the vegetable broth or water. Cook and stir over medium heat until vegetables soften slightly, about 4-5 minutes. Add the green onions, cabbage, soy sauce, chili powder and basil. Cook, stirring occasionally, for 10 minutes. Stir in the remaining ingredients, except the cilantro, and cook for 5 minutes. Stir in the cilantro and serve at once.

Hints: This is delicious in a bowl with some fresh bread, or try it over baked potatoes or rolled up in a tortilla.

### **Asian Noodles and Vegetables**

Preparation Time: 30 minutes

Cooking Time: 15 minutes

Servings: 6

8 ounces linguini or spaghetti or 14 ounces rice noodles  
1 ¼ cups vegetable broth  
7 tablespoons soy sauce  
2 cloves garlic, crushed  
1 tablespoon grated fresh gingerroot  
1 carrot, sliced  
2 stalks celery, sliced  
1 red bell pepper, cut into thin strips  
½ pound sliced fresh mushrooms  
1 baby bok choy, sliced  
1 bunch green onions, cut into 1 inch pieces  
1 leek, white and light green parts thinly sliced  
1 cup shredded napa cabbage  
1 cup mung bean sprouts  
1 cup frozen green peas  
1 5 ounce can sliced water chestnuts, drained  
2 tablespoons cornstarch

Put a large pot of water on to boil. Drop in the uncooked noodles of your choice and cook until tender. Drain and set aside.

Meanwhile, place ½ cup of the vegetable broth in a large saute pan or wok. Add 3 tablespoons of the soy sauce, the garlic and ginger and heat to boiling. Stir in the carrot and celery and cook for 3 minutes. Add the remaining vegetables and cook, stirring occasionally, for 7 minutes.

Mix the remaining vegetable broth and soy sauce together with the cornstarch. Add to the vegetable mixture while stirring, and cook and stir until thickened. Pour the vegetable mixture over the pasta and toss well to

mix. Serve at once.

### Beany Vegetable Topping

This is a quick and easy way to use canned beans and frozen vegetables to make a delicious topping for starches.

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Servings: 6

$\frac{3}{4}$  cup water  
1 onion, chopped  
1 15 ounce can stewed tomatoes, Mexican or Cajun style  
1 15 ounce can black beans, drained and rinsed  
1 15 ounce can kidney beans, drained and rinsed  
1 15 ounce can white beans, drained and rinsed  
1 10 ounce package frozen mixed vegetables, thawed  
1 4 ounce can chopped green chilies  
 $\frac{1}{4}$  cup barbecue sauce  
1 teaspoon chili powder  
 $\frac{1}{4}$  teaspoon ground cumin  
dash or two of hot sauce (optional)

Place  $\frac{1}{4}$  cup of the water and the onion in a medium pot. Cook and stir for 2 minutes, until onion softens slightly. Add the remaining ingredients, bring to a boil, reduce heat and simmer for about 12 minutes, stirring occasionally. Serve over baked potatoes, brown rice or other whole grains, or rolled up in a tortilla.

### Sunshine Fruit Salad

By Heather McDougall

Make this with organic fruit for the best flavor! My grandchildren love this!

Preparation Time: 10 minutes

Servings: variable

$\frac{1}{2}$  fresh pineapple, chopped  
1 apple, peeled and chopped  
1 banana, sliced  
1 pint fresh strawberries, sliced  
 $\frac{1}{2}$  pint fresh blueberries  
3 kiwis, chopped  
1 tablespoon fresh lime juice  
1 container blueberry soy yogurt

Mix this together in a large bowl and serve at once.

Hints: Other fruits may be substituted according to the season. Add mango, if you can find a fresh one! Other flavors of soy yogurt may be used as desired.



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