



Report from the September 5 to 7, 2008 Advanced Study Weekend

Over 100 people attended this biannual McDougall event in Santa Rosa, California. As always the enthusiasm, education, food, and friendship were over the top—far greater than anyone expected.

Caldwell B. Esselstyn, Jr., MD gave two presentations on how to prevent and reverse heart disease by diet alone. He talked of his many struggles getting his colleagues at Cleveland Clinic to listen to his common sense advice. He emphasized the importance of no fat, including no nuts, seeds, avocados, olives and soy products, for people wanting to reverse serious heart trouble.

Ann Crile Esselstyn surprised most attendees with her enthusiastic talk and demonstration. She explained how to pick and choose low-fat canned and packaged products. Her collard wraps were to die for.

Francine Kaufman, M.D. came across as a world leader in diabetes research and education. She showed video clips from her *Discovery Network TV* documentary on diabetes worldwide. Her second presentation focused on efforts she has personally made to help professionals and lay people understand the role of diet and diabetes, and practical programs she has developed for improving people's lives.



Lisa Bero, PhD revealed the domineering role the drug companies have played in making doctors drug pushers. We learned the tricks of the trade used to fool the customers, the doctors and patients alike. Doug Lisle, PhD, Jeff Novick, RD, and John McDougall, MD provided their usual high quality entertaining information for the attendees.

Don't miss our next advanced study weekend to be held February 20 to 22, 2009 in Santa Rosa, CA. Guest speakers so far will be Colin Campbell PhD, author of *the China Study* and [Neil Nedley, MD](#), Director of Depression Recovery Programs.

If you are interested in learning the McDougall Program from the McDougall staff then attend our next 5-day Program, November 12 to 16, 2008. And remember, when you are ready to get serious about recovering your lost health and stopping unnecessary medications, the 10-day program is the place to be. Here Dr. McDougall will personally care for you. In the meantime, if you want some high quality fun then you can join us for the February 4 to 11, 2009 Costa Rica Adventure.

View Slideshow at <http://www.drmcDougall.com/star.html>.