



Report from the February 19 to 21, 2010 Advanced Study Weekend

Over 230 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. The event was sold out. The high points for me (Dr. McDougall) were having two of the world's most respected physicians, Dr. Hadler and Dr. Lundberg, talk about the malpractices perpetrated by medical doctors on the public—nice to hear someone else talking about these costly and painful wrongs besides me.



The February 19 to 21, 2010 Advanced Study Weekend can still be watched in its entirety via the Internet.

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You can also download podcasts of both the September 2009 and February 2010 Advanced Study Weekends.

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Short Comments on the February Guest Speakers:

John Mackey, Chairman and CEO of Whole Foods Market, talked about the world-changing progress being made to help customers and employees choose healthier foods (even though these are less profitable items).

Neal Barnard, MD, founder of the Physicians Committee for Responsible Medicine (PCRM) and president of The Cancer Project, explained how to break food seductions and cure type-2 diabetes with food.

Rory Freedman, author of the *Skinny Bitch*, entertained the audience with stories of her past life that lead to her becoming an environmentally conscious vegan.

Nortin Hadler, MD, one of the most respected doctors in the US, told the audience that current medical tests and therapies, including the PSA, mammograms, heart surgeries, and back surgeries, were of far more harm than good.

Amy Lanou, PhD explained how dairy products do not help the bones and that the high protein western diet causes osteoporosis.

George Lundberg, MD, past Editor in Chief of The Journal of the American Medical Association (JAMA), was brilliant. If it were his choice, he would shut down most of the current therapies for chronic diseases, including those for cancer and heart disease.

Jesse Miner, Personal Chef, made Mexican stew, green quinoa, and lime coleslaw. He was a big hit.

Doug Lisle, PhD, Jeff Novick, RD, and John McDougall, MD provided their usual high quality entertaining information for the attendees.

Note of Upcoming Events

10-Day Live-in Programs:

June 11 to 20, 2010

August 6 to 15, 2010

October 1 to 10, 2010

Costa Rica:

July 14 to 21, 2010