



Report From the September 10-12, 2010 Advanced Study Weekend

Over 200 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 crowd agreed that this was the best advanced study weekend ever. See comments below. However, I (Dr. McDougall) will prove them wrong with the next event February 2011 - Don't miss it.

**Sign up Now for the
February 18 to 20, 2011 Advanced Study Weekend**

It will sell out!

Scheduled Guest Speakers for February 18 to 20, 2011

T. Colin Campbell author of *the China Study*. See: <http://www.thechinastudy.com>.

Howard Lyman, author of *the Mad Cowboy*. See: <http://www.madcowboy.com>.

Michael Klapper, MD, author of *Pregnancy, Children, and the Vegan Diet*.

Lisa Bero, PhD, Professor, Department of Clinical Pharmacy, School of Pharmacy and Institute for Health Policy Studies. She exposes the drug companies' shenanigans.

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

Rip Esselstyn, author of *the Engine 2 Diet*. See: <http://engine2diet.com>.

Marc Sorenson, Founder of the National Institute of Fitness, author of *Solar Power for Optimal Health*.

The Chef and the Dietitian (Chef AJ and Julieanna Hever, MS,RD). See:
YouTube: http://www.youtube.com/results?search_query=the+chef+and+the+dietitian&aq=0

The September 10-12, 2010 Advanced Study Weekend can still be watched in its entirety via the Internet

[Buy Broadcast](#)

Short Comments on the September Guest Speakers:

Dean Ornish, MD – Author and researcher on reversing heart disease and prostate cancer was the best we have ever seen him on stage. He said he agreed with Dr. McDougall 99%, when asked about his

opinion on eating fish oils. <http://www.pmri.org/>

Daphne Miller, MD, University of California San Francisco was charming, informing, and entertaining. Her worldwide journey studying people and their diets complimented the general McDougall belief in the human diet being a starch-based diet. Author of *The Jungle Effect: The healthiest diets from around the world*. <http://www.drdaphne.com/thejungleeffect/index.php>

Hans Diehl, PHD – founder of the CHIP Program (Coronary Health Improvement Program) gave two solid presentations on the the effects of diet on health and the pioneering work of the CHIP program. <http://www.sdachip.org/>

Michael Greger, MD – Author and Director of Public Health and Animal Agriculture of the Humane Society of the United States received a standing ovation for his two highly entertaining presentations on nutrition for 2009 and 2010. His lectures were so good that they will be made into a DVD for sale soon. <http://www.drgreger.org/>

John Robbins – Founder of EarthSave International and author of *Diet for a New America* and *Healthy at 100: The Scientifically Proven Secrets of the World's Healthiest and Longest-Lived Peoples*, charmed the audience with his personal stories and visions for a better world. <http://www.earthsave.org/>

Dan Pirraro – Creator of the international cartoon strip *Bizarro* and comedian. Started with a bit on erectile dysfunction and Cialis. He spent the remainder of the evening entertaining the audience with his cartoons incorporating vegan and animal cruelty themes. He is a professional standup comic. <http://www.bizarro.com/>

Doug Lisle, PhD, presented a new lecture: The Perfect Personality

Jeff Novick, RD, presented a new lecture: Nuts & Health: What The Science Really Says.

John McDougall, MD presented a new lecture: Diet and MS.

Note of Upcoming Events

5-Day Program:

December 1 to 5, 2010

10-Day Live-in Programs:

January 7 to 16, 2011

March 18 to 27, 2011

June 10 to 19, 2011

Costa Rica:

January 27 to February 3, 2011