



## Report From the February 18-20, 2011 Advanced Study Weekend

Over 200 people attended this biannual McDougall event in Santa Rosa, California, and more than 400 watched it “almost live” over the Internet. As always the enthusiasm, education, food, and friendship were over the top—far greater than anyone expected. This event, just like the prior two events, was sold out. Although about half of the people had been to past weekends, much of the crowd voiced that this was the best Advanced Study Weekend ever held. See comments below. See photos from the weekend: [Friday](#), [Saturday](#), [Sunday](#).

**Sign up Now for the**

**September 9-11, 2011 Advanced Study Weekend**

**Before It Sells Out!**

**EASY REGISTRATION**

Scheduled Guest Speakers for the September 9-11, 2011 Advanced Study Weekend:

- Nathaniel Dominy PhD: Author and researcher on how humans are genetically starch-eaters.
- Robert Rosati, MD: Medical director of the famous Rice Diet Program founded by Walter Kempner, MD.
- Dennis Bourdette, MD: Chairman of the Department of Neurology and director of the Multiple Sclerosis and Neuroimmunology Center at OHSU where the current Diet and MS program is being conducted.
- Neal Barnard, MD Author and founder of the PCRM.
- Jeff Novick, RD, Doug Lisle, PhD, and John McDougall, MD will also be there.

Plus other speakers may be added.

**The February 18 to 20, 2011 Advanced Study Weekend**

**can still be watched in its entirety via the Internet.**

**ORDER FEB 2011 BROADCAST**

Short Comments on the September guest speakers by Scott Hulbert (the McDougall still photographer for the weekends) were: “Thanks again for the great weekend. I learned so much and was touched by so many of the speakers. From all the ribbing Jeff (Novick, RD) gives him I expected Rip (Esselstyn) to be more cocky, but he was sweet and touching. Brenda Davis is a true front-line hero. Howard Lyman was great as usual. Doug Lisle continues to surprise me with the richness of his “soft” content. Each time I see him I think, “Oh, I’ve seen this before” and then proceed to get so much more out of it because I’ve seen it before and now, with my growth over time, it means even more to me. Rambling Jack was a gentlemen – Awesome. And T. Colin Campbell - what can I say, I’ve read his book about 5 times and now have seen him talk several times and it’s so nice to see his message staying current and evolving.

Comments by others were: "Dr. Klapner gave a highly entertaining and informative lecture called from the operating room table to the dining room table." "The Chef and the Dietitian were fabulous—and so were their foods." "Marc Sorensen answered important cancer and sun questions for me". "I never knew how much corruption was behind the pharmaceutical industry until I heard Dr. Lisa Bero speak."

One of the attendees (Melinda Coker from Tyler, TX) summed up the weekend with these praises: "I am still on such a high from the Advanced Study Weekend! It was one of my favorite conferences of all times - and I've been to quite a few in a variety of fields. I loved the constant stream of high quality speakers who imparted so much knowledge to us. Then, having the meals so we could try new recipes plus meet new friends (what a group of high-quality people) was a great complement to the program. It was just perfect for me. Thanks to you and Mary and all of your team for keeping everything running so smoothly. As you said, 'It looked effortless to us.'"

#### **Note of Upcoming Events**

10-Day Program: March 18 to 27, 2011 and June 10 to 19, 2011

5-Day Program: April 13 to 17, 2011

Costa Rica: July 7 to 14, 2011

2011 John McDougall All Rights Reserved

Dr. McDougall's Health and Medical Center P.O. Box 14039, Santa Rosa, CA 95402

<http://www.drmcDougall.com>