



Newsweek Magazine Warns about Modern Medicine

[Newsweek magazine's](#) August cover story, "The One Word that Can Save Your Life: No!," by Sharon Begley is a summary article about the importance of avoiding common medical tests and treatments, the same ones I have been talking to you about for the past 30 years. I am saddened when I think of the lives ruined and lost because this information has been hidden from the public by my medical colleagues, largely for motives of profit. [Please read this Newsweek article now.](#)

Stay Out of the Medical Businesses

You and your family cannot win by being familiar with doctors, drugs, and hospitals. Just like you do not want to be on a first name basis with morticians, lawyers, auto mechanics, and plumbers, you do not want a doctor as a best friend or your calendar littered with appointments to visit these professionals. An undeniable fact is that the more you see doctors, the more likely you are to be tested and treated; for better or worse. The best way to stay out of the medical businesses is to be healthy. That means you must fix the primary cause of common diseases: the rich Western diet.

I have written a series of articles that will help you understand how to [work with MDs](#), when unavoidable. If you get routine annual [physical examinations](#), you are looking for trouble. There is unanimous agreement by major health policy-makers worldwide that these intrusive visits do more harm than good, especially when your doctor encourages you to take "early detection" tests, such as a PSA or mammogram for cancer prevention.

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I have written a series of articles that will help you understand how to [work with MDs](#), when unavoidable. If you get routine annual [physical examinations](#), you are looking for trouble. There is unanimous agreement by major health policy-makers worldwide that these intrusive visits do more harm than good, especially when your doctor encourages you to take "early detection" tests, such as a PSA or mammogram for cancer prevention.

On those occasions where medical care is a necessity, you should see a doctor who offers [general care](#). Most people have a primary care physician, but 20 to 25 percent use a specialist for primary care services. If you allow the specialist to take over your general care, you are putting yourself at risk. Consider that women who have a gynecologist as their primary care doctor are twice as likely to have a hysterectomy as women cared for by a general practitioner. Care of your general health is outside the expertise of a specialist; they rarely have the whole picture in mind. "Generalists," "general practitioners," "family practitioners," "primary care" and "internal medicine doctors" are descriptive terms for the role of the doctor whom you should be seeing first and foremost, when absolutely necessary.

[Finding the right doctor](#) when you need one is well worth the hours required in the search. Your relationship with your doctor should be a partnership focused on improving the quality and quantity of your life. This requires comfortable communication and trust. In order to get the care and respect you deserve you must [prepare before](#) your doctor's visit.

A [medical specialist](#), such as a surgeon, cardiologist, or gastroenterologist, should serve only as a consultant to you and your general doctor. When additional knowledge or skills are needed, then an arrangement, a referral, is made to see the specialist. This expert then gathers information about you, comes to conclusions, and makes recommendations, and then sends a report back to your generalist. Together, the two of you then discuss this valuable information and decide on the next courses of action.

“No” is the operative word, as the title of this *Newsweek* article reads, to have on the tip of your tongue when you visit the doctor. I recommend that you arrive for your visit 10 minutes early and practice saying “No” while sitting in your car in the parking lot before entering the office. I have written many helpful articles easily found in my “[Hot Topics](#)” that will help you make decisions on what testing and treatments are of real value, and the alternatives. Before making decisions that could mean a lifetime of medication or taking a test that could lead to life-altering surgery, please consult my writings and let me offer you a [challenging second opinion](#).

Below I have made some comments on major subjects addressed in this *Newsweek* article.

Avoid PSA (Prostate Cancer) Testing

According to *Newsweek*, “Dr. Stephen Smith, Professor emeritus of family medicine at Brown University School of Medicine, tells his physician not to order a PSA blood test for prostate cancer...” PSA is an abbreviation for prostate specific antigen, a substance measured in the blood. It is sold to men under the false pretense that detection of an elevation will lead to early detection of prostate cancer, which can then be removed early enough to delay or prevent death.

[This Simple Blood Test is Harmful](#)

Random population screening for prostate cancer with the PSA blood test results in 10 percent of men being found positive. Once cancer is suspected, the next procedure consists of a session of 12 needle biopsies of the prostate gland. The needles inserted during the biopsy damage nerves controlling an erection, and as a result, one month after surgery, 41 percent of men report erectile dysfunction (ED), and after six months the problem persists in 15 percent of men (permanent ED is caused just from the test to determine whether or not cancer is present). On average, from the biopsy, 30 percent of men will be found to have prostate cancer. (Microscopic prostate cancer is found in 8 percent of men in their twenties, 30 percent of men in their thirties, 50 percent of men in their fifties, and 80 percent of men in their seventies.) Almost all of these microscopic cancers are relatively benign (inactive) and would have never caused any future trouble if not detected. The real harm to the patient comes from the tests and treatments.

At best, one life is saved for every 1,400 PSA examinations performed. The costs are high, however, with 48 men being diagnosed with prostate cancer who would have otherwise never known they had this disease. The surgeries, radiation treatments, and drugs that follow a diagnosis can be expected to result in incontinence (men dribble in their pants, wear a diaper and/or live with an indwelling bladder catheter) and impotence (about 80 percent of men will have sexual dysfunction). All these sufferings are reasons that men diagnosed with prostate cancer have a 40 percent increase in suicide.

Early detection is a misnomer. By the time a prostate cancer becomes large enough to detect by PSA or digital rectal examination (about one centimeter in size), the cancer has been growing for an average of 10 years; and if it is the aggressive kind of cancer, it has already spread beyond the bounds for removal by radiation or surgery. Chemotherapies (including hormone treatments) have few benefits. Fortunately, most prostate cancers detected (more than 97 percent) are of the benign variety and never threaten a man’s life.

My advice is to never allow an “early detection” PSA or digital rectal exam to be performed on you. I believe the McDougall Diet will prevent, and even reverse, prostate cancer. So, without testing, how do you know if you have prostate cancer? Those very few men who develop the aggressive kind of prostate cancer will usually find their disease very late in life when it causes symptoms, such as urinary retention or bone pain. (The death rate from prostate cancer is very low, at 226 per 100,000 men older than 65

years.) Misleading men with hopes of “early detection” means the patient will simply know he is ill much longer, and as a result will be subjected to more painful and costly tests and treatments, not to mention the increased anxiety and worry.

Avoid Mammograms

According to *Newsweek*: “Dr. Rita Redberg, professor of medicine at the University of California, San Francisco, and editor of the prestigious *Archives of Internal Medicine*, has no intention of having a screening mammogram... they detect too many false positives (suspicious spots that turn out, upon biopsy, to be nothing) and tumors that might regress on their own, and there is little if any evidence that they save lives.”

Examinations of Your Breasts Are Harmful

The American Cancer Society once told women, “If you haven’t had a mammogram, you need more than your breasts examined.” Fortunately, after four decades of research, they now know better. Overall, 81 percent of women experience discomfort during mammography. As many as 46 percent of women classify that discomfort as pain, and 7 percent say the pain is severe. There is also the real possibility that compression of the breast tissue during the test may cause cancer cells to spread. Radiation from a mammogram may also induce breast cancer, especially in younger women.

More than half of all women following usual recommendations to have their breasts examined every other year will be found to have an abnormality that requires further testing and treatments. Between 1,400 and 2,500 women need to have a mammogram every other year for 10 years to save one life. Once diagnosed, the treatments are brutal, with deforming surgeries and radiation treatments, and sickening chemotherapies. Out of every 1,000 women tested, between 5 and 15 women will be “over-diagnosed.” In other words, without this intrusive testing she would have lived her entire life never knowing she was ill. The obvious result in these cases is mammograms needlessly destroyed the lives of women and their families.

Early detection is a misnomer. By the time a breast cancer becomes large enough to detect by a mammogram or breast self-examination (about one centimeter in size) the cancer has been growing for an average of 10 years, and if it is the aggressive kind it has already spread beyond the bounds for removal by radiation or surgery. Chemotherapies (including hormone treatments) are of small benefit (about the same as removing a woman’s ovaries).

My advice is to avoid screening mammograms and do not perform routine breast exams. You are just looking for trouble. Get on with your life. I believe the McDougall Diet will prevent, and even reverse, breast cancer. Those very few women who develop the aggressive kind of breast cancer will usually find their disease very late in life during a casual examination of their breasts or if it causes symptoms. Finding cancer early means living more years knowing you are ill, not living more years.

Avoid Colonoscopy Examinations

According to *Newsweek*, “At least 7,300 lives are saved every year thanks to colonoscopies.” However, what they did not tell you is that similar benefits can be obtained with one simpler and safer examination of the last two feet of your large intestine (a sigmoid examination) performed between ages 55 and 64. Benefits from polyp removal are largely confined to those lesions located in last part of the colon, within the reach of a sigmoidoscope.

Colonoscopies Are Dangerous

Serious complications occur in an estimated 5 per 1,000 colonoscopies, an examination of the entire six feet of large intestine under anesthesia. One of the deadliest complications is perforation of the colon, which occurs in about 1 per 1,000 procedures. Consider that to prevent one death from colorectal cancer (the benefit), 1,250 people would need to have a colonoscopy. This is almost an even exchange: for one life saved from cancer, one life is lost (or at least seriously harmed) from a complication, like perforation.

My advice is to avoid colon cancer by eating the McDougall Diet. Colon cancer is rare, with only 2.5 cases in 100 people following the Western diet. To reduce this risk even further, especially for people with a lifetime of meat-eating, I recommend one sigmoid examination between ages 55 and 64. If this test is normal then do not have any further testing. If large polyps are found, then even after removal, further testing may be required.

Avoid Heart Tests and Surgeries

According to *Newsweek*, "At least five large, randomized controlled studies ...found that the surgical procedures (angioplasties with or without stents) didn't improve survival rates or quality of life more than noninvasive treatments including drugs (beta blockers, cholesterol-lowering statins, and aspirin), exercise, and a healthy diet."

[Heart Tests and Treatments Can Be Harmful](#)

Simple heart tests like an EKG or treadmill stress test commonly pick up abnormalities that were never destined to become problems. Once detected, however, the patient enters "the business" and becomes a cardiac cripple—every pain between his knees and eyebrows is perceived as "the big one: a heart attack." Further costly and dangerous tests and treatments follow the smallest imperfection. The gold standard for testing for most cardiac abnormalities is an invasive angiogram. An angiogram is a preoperative test with about two-thirds of patients going on to heart surgery (an angioplasty or bypass surgery).

Heart surgery fails because the surgeons operate on chronic, hard, fibrous plaques that rarely if ever kill. The dangerous plaques are small pustules that rupture and cause sudden closure of the heart artery. Surgery does nothing to prevent this sudden event that results in 100,000 to 200,000 heart attacks annually in the US alone.

My advice is to avoid heart disease (coronary artery disease) by eating the McDougall Diet. If you develop disease you can still reverse it with diet and judicious use of medications. Chest pains from partially blocked arteries are usually reduced or eliminated within a few days by following the diet. Refuse heart surgery (angioplasty or bypass) for chronic disease unless the intention is to relieve incapacitating symptoms (chest pains). Angioplasty is proven beyond any doubt to *not save lives*. Bypass surgery is little better. I also prescribe a baby aspirin and sufficient cholesterol-lowering statins to reduce the blood cholesterol levels below 150 mg/dL. (Angioplasty for acute cardiac events, such as a heart attack occurring within 90 minutes of the surgery, can be beneficial.)

Avoid Statins If You Are Otherwise Healthy

According to *Newsweek*: "Statins are proved to help people with both heart disease and high cholesterol, but not those with just high cholesterol. The drugs are nevertheless widely prescribed to patients who fit the latter description, despite adverse effects, such as severe muscle disease in up to 20 percent of patients."

[Statins Provide a False Sense of Security](#)

Because of the enthusiastic and dishonest promotion of these high-profit drugs, many patients actually believe they are "cured" of their health problems; and as a result they may no longer see the need to make beneficial diet and lifestyle changes, which in truth, make a far greater difference than any medications.

The most serious adverse effect of taking these medications is damage to the muscles, called rhabdomyolysis, which can occasionally result in death. An estimated 1 to 5 percent of people on these medications experience significant muscle inflammation and pain. The more potent the statin, the greater the risk of muscle damage. With electron microscopy and biochemical tests, muscle cell damage is found in over 70 percent of people on statins, even when they had no complaints of pain.

My advice is to not take statins, even with a high cholesterol level, unless you have a very high risk of future troubles. Statins have been shown to reduce the risk of death (only a little) for patients who have had heart attacks, angioplasties, and/or bypass surgery.

ies. However, for people with a lower risk of an impending heart tragedy (the average American with elevated blood cholesterol levels), cholesterol-lowering medications are so ineffective that benefits cannot be detected. Plus, any benefits present may be overshadowed by the harms caused by these drugs.

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Featured Recipes

PIZZA CRUST

It is so easy to make a delicious pizza crust from scratch that you will never be satisfied with a store-bought crust again. Make several batches of the dough ahead of time and freeze in individual bags. Thaw before removing from the bag, then cover and let rise in a warm place before stretching into a crust for baking. Bake one side before adding any sauces or toppings to prevent the crust from getting soggy.

Preparation Time: 15 minutes

Rising Time: 1 hour

Cooking Time: 15-20 minutes

Servings: makes one 15 inch pizza crust

1 cup warm water

1 teaspoon sugar

1 package active dry yeast

1 ½ cups whole wheat flour

1 ½ cups unbleached white flour

½ teaspoon salt

Cornmeal

Mix the sugar and the yeast into the warm water. Set aside for 5 to 10 minutes until yeast bubbles.

Place the flour and salt into a large mixing bowl. Stir to combine. Add the yeast mixture. Stir until the dough comes away from the side of the bowl. Knead the dough in the bowl about 50 times. Turn the dough out of the bowl onto a very lightly floured work surface. Knead the dough until it is soft and springy and does not stick to your hands. This will probably take about 5 minutes. (At this point the dough can be frozen or refrigerated for later use.) Place the dough in a clean bowl, cover with a damp towel and set in a warm place to rise for about 1 hour, or until doubled in size.

Preheat oven to 400 degrees.

Remove the dough from the bowl, place on a very lightly floured surface and knead for about 2 minutes. Stretch the dough with your fingers and heels of your hands until it is about 15 inches in diameter (or oblong, or whatever shape you can manage). Sprinkle the bottom of a pizza pan or heated pizza stone with a small amount of cornmeal. Place the crust over the cornmeal and bake for 5 to 8 minutes until bottom is lightly browned. (Top may puff up a bit.) Remove from oven and flip over. (Crust may be allowed to rest and cool at this point.) Add sauce and toppings of your choice to crust. Return to oven and bake until toppings are done crust is nicely browned, usually about 12-15 minutes. (If crust has been cooled before adding toppings, it may take a bit longer to brown.)

Hints: This may also be done outside on a charcoal or gas grill, for a delicious grilled flavor crust. If you prefer, use all whole wheat flour or white whole wheat flour in place of the unbleached white flour.

THAI PIZZA TOPPING

This is a fantastic, creative and unusual pizza topping, however, I know that if I ate this on a regular basis, I would not be my usual trim self. This should be saved for a special treat because it is higher in fat than most pizza toppings (unless you are thinking of the fat-laden cheese and pepperoni varieties).

Preparation Time: 15 minutes

Cooking Time: 12-15 minutes

Servings: covers one 15 inch pizza crust

Sauce:

¼ cup natural peanut butter

1 tablespoon soy sauce

1 tablespoon sugar

½ tablespoon chili paste (Sambal oelek)

1 teaspoon lemon juice

1 teaspoon lime juice

1 clove garlic, crushed

½ teaspoon grated fresh ginger

½ teaspoon curry powder

Dash sesame oil

Pinch of brown sugar

Toppings:

1 cup sliced fresh mushrooms

½ cup diced red bell pepper

½ cup small broccoli florets

½ cup diced baked tofu (optional-see hints)

¼ cup chopped green onions

¼ cup chopped fresh cilantro

Hot sauce for drizzling (optional)

Place all ingredients for the sauce in a medium bowl and whisk well to combine. Set aside.

Prepare toppings and set aside.

Spread the peanut sauce over the pizza crust and layer toppings over that (except for cilantro and hot sauce). Bake for about 12-15 minutes as directed in the Pizza Crust recipe (see above). Sprinkle the cilantro on before serving, and pass the hot sauce to drizzle on each individual pizza slice, as desired.

Hints: The baked tofu is entirely optional in this recipe. Flavored baked tofu is available in most natural food markets, or it is easy to make your own using the recipe below. Increase the amount of vegetables used if you decide to omit the tofu. "Chicken-flavored" seitan may be used in place of the tofu for a chewier texture.

BAKED TOFU

Preparation Time: 5 minutes

Marinating Time: 10 minutes

Baking Time: 25-30 minutes

20 ounces extra firm tofu

¼ cup soy sauce

1/8 cup rice vinegar

1 teaspoon agave nectar

Dash sesame oil (optional)

Drain tofu and slice into ¼ inch pieces. Place in a large flat baking dish. Combine the remaining ingredients and pour over the tofu slices. Allow to marinate for at least 10 minutes and up to 1 hour. (Or place in the refrigerator and marinate overnight.)

Preheat oven to 375 degrees.

Remove from marinade and place on a non-stick baking sheet. Bake for 25-30 minutes, turning once halfway through the baking time. It should be brown and crispy on the outside. Remove from oven and cool. Slice into strips or cubes for use in recipes calling for baked tofu.

Hints: This tastes much better (and is less expensive and healthier) than the baked tofu found in packages in many markets and natural food stores. Other seasonings may be added as desired, such as garlic, ginger, balsamic vinegar, or rosemary to change the flavor of the tofu. It's also delicious just marinated in plain soy sauce. The marinade may be saved in a covered jar in the refrigerator for later use. The tofu may also be cubed before baking with slightly crispier results.

CAESAR PIZZA TOPPING

Here is another unusual and creative topping for a pizza crust. There are a few variations included at the end of the recipe and this can be very fast to put together depending on what kind of sauces you have in your refrigerator.

Preparation Time: 15 minutes (depending on sauces available)

Cooking Time: 12 minutes

Servings: covers one 15 inch pizza crust

¼ cup roasted garlic (see recipe below)

OR ¼ cup Ranch Style Dressing or Dill Tofu Dip (see recipes below)

¼ cup Parmesan Cheese substitute (recipe below)

½ cup diced baked tofu (see recipe above)

2 cups thinly sliced romaine lettuce

2 tablespoon Caesar Salad dressing (recipe below)

Spread the garlic paste OR one of the dressing OR dip sauces over the pizza crust. Sprinkle with 2 tablespoons of the Parmesan Cheese substitute and the baked tofu. Bake for about 12 minutes, as directed in the Pizza Crust recipe (see above).

Meanwhile, toss the sliced romaine with the Caesar dressing. Set aside until crust is finished baking. Remove crust from oven, top with the dressed romaine lettuce and sprinkle with the remaining Parmesan cheese substitute. Slice and serve at once.

Variations: For garlic lovers, I recommend the garlic paste topping. It is smooth and creamy under the Caesar dressing. If you are not so much of a garlic lover, then try one of the other tofu-based toppings as a spread for the pizza crust. The baked tofu is entirely optional. "Chicken-style" seitan may also be used in this recipe. If you have some Caesar dressing and one of the tofu dips in your refrigerator, this can be put together rather quickly.

CAESAR DRESSING

This is my favorite Caesar salad dressing. I usually prepare this for family gatherings because my whole family, including the grandchildren, love it.

Preparation Time: 15 minutes

Servings: Makes 3/4 Cup

2 tablespoons almond meal (see hints below)
3 cloves garlic, pressed through a garlic press
3 tablespoons Dijon mustard
3 tablespoons nutritional yeast flakes
3 tablespoons lemon juice
2 tablespoons soy sauce
1 tablespoon water

In a medium bowl, combine the almond meal, garlic, mustard, and nutritional yeast to make a paste. Stir in the remaining ingredients. Transfer to a covered jar and shake several times before using to mix well.

Hints: Almond meal can be purchased in bags at Trader Joe's or from Bob's Red Mill, or you can make your own by grinding blanched or roasted almonds in a food processor until very finely ground. I usually make the dressing at least several hours before I plan to toss it into the salad and I shake the jar often during the day to make sure the ingredients are well blended. Any extra dressing will keep for at least a week in the refrigerator.

PARMESAN CHEESE SUBSTITUTE

It is easy to make your own parmesan cheese substitute. Just mix equal amounts of almond meal and nutritional yeast together in a jar. Shake well, add a small amount of onion powder and salt, if desired, shake again, and it's ready. Store in the refrigerator until ready to use.

Hints: Prepared almond meal is available at Trader Joes. Or make your own by pulsing raw almonds in a food processor until very finely ground. Store almond meal in the freezer until ready to use.

ROASTED GARLIC

This is a wonderful way to add flavor to mashed potatoes, soups, stews, and salad dressings, and it is also fantastic spread on bread or crackers! Make a lot of it at one time because it keeps well in the refrigerator and then you will have it when you need it.

Preparation Time: 5 minutes

Cooking time: 1 hour 15 minutes

Servings: variable

Fresh garlic heads

Vegetable broth

Preheat oven to 400 degrees.

Slice the tops off each whole garlic head, do not separate or peel. Place the heads in a baking dish with a small amount of vegetable broth in the bottom of the pan. (Use about 1 tablespoon per head of garlic.) Cover the pan with parchment paper and foil, bake at 400 degrees for 1 hour and 15 minutes. Cool. Invert each head of garlic over a bowl and squeeze to remove roasted garlic. Mash and mix well. Season with a bit of sea salt, if desired. Store in a covered container in the refrigerator.

CREAMY RANCH-STYLE DRESSING

This will keep in the refrigerator for at least a week.

Preparation Time: 10 minutes

Servings: makes about 2 cups

1 12.3 ounce package silken tofu
1/3 cup tofu sour cream (see recipe below)
1/2 cup water
2 1/2 tablespoons lemon juice
1 tablespoon parsley flakes
1 tablespoon chives
1 teaspoon dill weed
1/2 teaspoon garlic powder
pinch dry mustard
several twists freshly ground pepper
dash salt

Place the tofu in a blender or food processor and process briefly. Add remaining ingredients and process until very smooth. Transfer to a covered container and refrigerate until use.

Hints: Add a tablespoon or two more water for a thinner consistency, if desired. Add a bit more salt and pepper to taste, if desired. Flavors will intensify during refrigeration so it is best to make this ahead of time.

TOFU SOUR CREAM

Use as a substitute for dairy sour cream. Will keep in the refrigerator about 2 weeks.

Preparation Time: 5 minutes

Chilling Time: 2 hours

Servings: Makes 1 ½ cups

1 12.3 ounce package silken tofu

2 ½ tablespoons lemon juice

2 ½ teaspoons sugar

dash salt

Combine all ingredients in a food processor and process until smooth. Refrigerate at least 2 hours to allow flavors to blend.

TOFU DIPS

These are easy and delicious dips to have on hand in your refrigerator to use with raw or cooked vegetables, or try these on baked potatoes.

Preparation Time: 5 minutes

Chilling Time: 2 hours

Servings: makes about 3 cups

1 12.3 ounce package silken tofu

1 ½ cups tofu sour cream (see recipe above)

1 package seasoning mix (see hints below)

Place the tofu in a food processor and process until very smooth. Scrape the sides of the bowl occasionally. Add tofu sour cream and process again. Add a package of seasoning mix, process again until well mixed, cover and refrigerate at least 2 hours to allow flavors to blend.

Hints: For a spicy dip, use Taco Seasoning Mix made by Bearitos or Hain. For a delicious French Onion Dip, use the one made by Simply Organic. Simply Organic makes a delicious Dill Dip also, as well as several others, including a Southwest Taco. Other packaged mixes may be available in your local natural food stores. Read the labels carefully for healthy ingredients with no added oils or animal products.

MEDITERRANEAN PIZZA TOPPING

Preparation Time: 15 minutes

Cooking Time: 12-15 minutes

Servings: makes one 15 inch pizza

1 cup prepared hummus

1 Japanese eggplant, thinly sliced

1/3 cup thinly sliced roasted red pepper

2 slices sweet onion, separated into rings

- 1 tablespoon sliced Kalamata olives (optional)
- 2 tablespoons chopped fresh basil

Spread the hummus over the pizza crust and layer toppings over that (except for the basil). Bake for about 12-15 minutes as directed in the Pizza Crust recipe (see above). Sprinkle the basil on before serving.

FRESH GARDEN WRAPS

This is another of our favorite summer meals, made with freshly harvested veggies from the garden.

Preparation Time: 15 minutes

Chilling Time: 1 hour

Servings: 6-8

- 1 cup cherry tomatoes, cut in half
- 1 cup shredded kale or bok choy
- 1 zucchini, chopped
- 1 cup broccoli florets
- ½ cup chopped green onions
- 1 (15 ounce) can garbanzo beans, drained and rinsed
- 1 tablespoon chopped Kalamata olives
- 3 tablespoons red wine vinegar
- 1 clove garlic, crushed
- 1 tablespoon chopped fresh parsley
- ½ tablespoon chopped fresh cilantro

6-8 whole wheat or corn tortillas

Hot sauce as needed, to taste

Place the vegetables and beans in a large bowl. Sprinkle the olives over the vegetables. Combine the vinegar, garlic, parsley and cilantro in a small bowl. Pour over the vegetables and toss to mix. Cover and chill for at least one hour before serving.

To serve, place a line of the vegetable mixture down the center of a tortilla. Drizzle with hot sauce, if desired, roll up and eat.

Variations: Try this with cucumber instead of the zucchini. If you don't have kale or bok choy, use romaine lettuce instead. Use a few tablespoons of chopped avocado in place of the olives, or leave them out for a lower fat meal.

QUINOA MARKET SALAD

Make this with the wide variety of fresh peppers, zucchini and tomatoes available at markets all over the country at this time of year.

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Chilling Time: 2 hours

Servings: 6-8

2 cups water
1 cup quinoa, well rinsed
½ red bell pepper, chopped
½ green bell pepper, chopped
½ yellow bell pepper, chopped
½ orange bell pepper, chopped
1 small zucchini, chopped
2 tomatoes, chopped
1 bunch chopped green onions
1 (14.5 ounce) can garbanzo beans, drained and rinsed
½ cup chopped fresh parsley
¼ cup chopped fresh cilantro
1/8 cup chopped fresh mint
½ cup fresh lemon juice
1 tablespoon soy sauce
several dashes Tabasco sauce
several twists of freshly ground black pepper

Place the water and quinoa in a saucepan, bring to a boil, reduce heat, cover and cook for 15 minutes, until water is absorbed. Remove from heat and set aside.

Meanwhile, combine the vegetables, beans, parsley, cilantro and mint. Add the cooked quinoa and mix well. Add the remaining ingredients and toss well to mix.

Cover and refrigerate for at least 2 hours before serving.

FESTIVE DAL SOUP

In India and throughout Nepal, Pakistan, Sri Lanka, and Bangladesh, split lentils, peas, and beans are used in a variety of thick soups and stews known as dal. This richly flavored and textured soup is great for using up leftover bits of chard or kale. For extra bite, top the soup with your favorite hot sauce.

Preparation Time: 10 minutes

Cooking Time: 60 minutes

Servings: 4-6

4 cups water
1 onion, cut into 1/2-inch dice
2 cloves garlic, crushed or minced
1 1/2 teaspoons grated fresh ginger
1 teaspoon smoked paprika
½ teaspoon ground cumin
¼ teaspoon ground coriander
Freshly-ground black pepper
1 cup red lentils
1 can (15-ounce) garbanzo beans, drained and rinsed
1 can (14.5-ounce) diced tomatoes

2 cups chunked Yukon Gold potatoes
1 tablespoon fresh lemon juice
1 to 2 teaspoons chili paste (Sambal Oelek)
2 cups coarsely chopped fresh chard, kale or spinach
Sea salt, to taste

Place 1/4 cup of the water into a large soup pot. Add the onion and garlic and cook over medium heat, stirring occasionally, until the onion softens, about 5 minutes.

Mix in the ginger, paprika, cumin, coriander and several twists of pepper. Add the lentils, beans, tomatoes, potatoes, and the remaining water. Bring the soup to a boil, then reduce the heat, cover, and simmer until the lentils are tender, about 50 minutes.

Stir in the lemon juice, 1 teaspoon of the chili paste, and your choice of greens. Cook until the greens are tender, 5 to 7 minutes longer. Taste and add more chili paste and a bit of sea salt, if desired.

Serve hot.

Hints: This is a familiar favorite for some of you already. This version contains my latest alterations; although only slightly changed, we think it is even better than before! I make this so often that I always have all the ingredients readily available, although I usually vary the greens depending on what is ready for harvesting from my garden.

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