



## **World Security is Threatened by Hunger Caused By Gluttony**

Over the past two months, hungry people in Egypt, where 40 percent of the population lives on just \$2 a day, have joined forces by networking on their cell phones to have their leader, Hosni Mubarak, removed from power. Libya's people have done the same, causing Muammar Gaddafi to lose control. However, political reform—in these cases, replacing a dictator with democracy—was not their primary goal. Their goal was to feed themselves and their starving families. PAGE 2

## **Report on February 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. PAGE 4

## **Featured Recipes**

### **Lindsay Nixon**

Vegan chef of one of the top 50 food blogs on the Web, HappyHerbivore.com, Lindsay S. Nixon, creates recipes that show eating a low fat vegan diet is not only healthy but delicious, too.

Now, Nixon combines some of her tastiest recipes in The Happy Herbivore Cookbook, each made with no added fats, using only whole, unprocessed plant-based foods.

- Creamy Carrot Soup
- Red Lentil Dahl
- Black Bean Burgers
- Mexican Cabbage
- Quick Queso
- Cornbread

## World Security is Threatened by Hunger Caused By Gluttony



Over the past two months, hungry people in Egypt, where 40 percent of the population lives on just \$2 a day, have joined forces by networking on their cell phones to have their leader, Hosni Mubarak, removed from power. Libya’s people have done the same, causing Muammar Gaddafi to lose control. However, political reform—in these cases, replacing a dictator with democracy—was not their primary reason for revolt. Their goal was to feed themselves and their starving families.

Millions of people living in the Middle East, in what was formally known as “the breadbasket of the world,” do not have enough to eat. According to a report in 2009 from UNICEF, 30 percent of children in half a dozen countries throughout the Middle East and North Africa have stunted growth from malnutrition. The United Nations announced last month that world prices have reached record levels for basic foods. Now, nearly a billion people worldwide live at the edge of starvation as the prices of their staples—rice, corn, and wheat—rise beyond their meager incomes of around a dollar a day. Who would argue against their fellow humans having the right to have enough food?

### The Starch Solution: The Simple Win-Win Option

Revolution is at our fingertips—and now is the time to act. Half of the world is underfed and half is overfed. One sensible solution is for those who “have” to give to those who “have not.” In practical terms this means Westerners living on and dying from their meat- and dairy-centered diets will simply switch to a starch-based meal plan so that there is sufficient rice, corn, wheat, and potatoes to feed the world’s population. This is a win-win situation that I call “the Starch Solution.” With the new food supply made available by this practical change, the “haves” will rid themselves of obesity, heart disease, type-2 diabetes, arthritis, and colon cancer (to name just a few epidemic problems caused by gluttony), and the people from the Middle East and Africa will be freed from the pains of daily starvation that are driving their current fights against tyranny.



### With Change, the Future is Bright

Options for Saving Humanity
1) Controlling population
2) Increasing food productivity
2) Increasing food productivity

Up until recently, worldwide, an estimated two billion people lived primarily on an animal-based diet, while an estimated four billion lived primarily on a plant-based diet. These figures are rapidly changing. The global population is expected to increase to around nine billion people by mid-century, rising at a rate of six million people per month. With the current trends in prosperity, incomes are also rising in developing and middle-income countries, most notably China, India, Brazil, and Argentina. As a result, more people are eating more agriculturally and environmentally expensive meat and dairy products and refined foods.

There are three ways that we can respond to what appears to many scientists and political leaders to be certain planetary destruction from overpopulation.

#### 1) Population control

The estimate has been made that the Earth can support about one to two billion people with the American standard of eating, good health, prosperity, personal dignity, and freedom. This estimate further suggests that an optimal US population is 100 to 200 million (the current US population is over 310 million). With the population of the Earth currently approaching seven billion, if every human being were to attain the living standards currently enjoyed by Americans, more specifically the Standard American Diet, then three to four planet Earths would be required to feed and support them all.

A one-child-per-family policy was introduced in China in 1978 to alleviate social, economic, and environmental problems. By forbidding couples living in urban areas from having more than one child, estimates are that 400 million births have been prevented over the past three decades. Population reduction worldwide would require crash programs to provide reproductive health care and birth control services. Even if the human species stopped reproducing altogether, it would take more than two generations to cut the world's population in half.

By itself, elective population control would be too slow to succeed in saving planet Earth as we enjoy it today. Wars, starvation, and disease could force a more rapid reduction in the number of people living, but no rational person would consider these horrific events realistic options.

### 2) *Increased agricultural productivity*

Great strides in food production have been made during the past half-century; however, this trend in productivity is likely to worsen, not improve. Many experts predict that the world is heading into an unprecedented food crisis that is fueled by climate change. Fires in Russia have destroyed hundreds of thousands of acres of grain; Canada's wheat crop has been decimated by heavy rain; drought in Argentina has devastated the soybean crop; and recent floods in Australia have destroyed much of the country's wheat crop. Adding to these food shortages, in the US, one-third of the corn grown is now being diverted for use as ethanol fuel. Although efforts to squeeze more calories out of our agricultural lands must be made, the current trend of more people eating more animal-based foods will never be balanced by more productivity. The problems of food shortages must be addressed at a more basic level.

### 3) *Switching to a starch-based diet*

World reform after adopting "starch-eating" globally would be seen overnight. The grains, legumes, and tubers previously fed to livestock would be immediately available for human consumption. Various calculations prove extraordinary increases in food supply can be expected. Savings in fossil fuels, which translate directly into the environment, would also be immediate. In November of 2006 the World Health Organization of the United Nations published a report, "Livestock's Long Shadow," incriminating the animal-food industries as a leading source of climate change and pollution.

#### **Calculations for Increased Food and Energy Availability**

Based on the weight of food, as much as a seven-fold increase in food supply can be expected. Cattle are inefficient sources of food, requiring 7 kg of grain to produce just 1 kg of beef (the ratio is 4:1 for pork and 2:1 for chicken).

Based on calories produced per acre of land, a seventeen-fold increase in food energy can be expected. Crops, such as potatoes can produce 17 times more calories on the same amount of land, compared to animals.

#### **Calculations for Fossil-Fuel Saving**

Fossil-fuel used for producing food-energy will be reduced by forty-fold. Consider that most starchy vegetable food requires about two calories of fossil-fuel energy to cultivate per one calorie of food energy; with beef, the ratio can be as high as 80:1.

Fossil-fuel used to produce food-protein will be reduced by eleven-fold. The average fossil energy input for 1 calorie of animal protein production is 25 calories vs. 2.2 calories of fossil energy input per 1 calorie of plant protein produced.

### **Protest with Your Dinner Plate—Every Vote Counts**

The current path of more people eating more animals is unsustainable. So we really have no choice; we either change or perish. And we will change. The question is will we do it now by choice, or later when circumstances force a population reduction and global starvation?

The simplest, most immediate, and effective solution to balancing the world's food supply is for Westerners to give up the foods that are making themselves fat and sick. Through social networking tools—Twitter and Facebook—unarmed people in the Middle East, receiving messages via their cell phones, have deposed tyrants in mere days. The same methods used to teach the im-

portance of a starch-based diet could as easily save the world. At the very least this revolution in thinking may allow us additional time to deal with equally crucial problems of population control, pollution, climate change, and needs for renewable energy.

Real change begins at home, so if you have not done so already, make a pledge today that you will stop eating the animals and instead get the bulk of your calories from potatoes, sweet potatoes, rice, corn, wheat, and beans. As a result, you will personally appreciate real benefits in your health and appearance and you will cut your food bill by at least \$11 per day.

Now that we know better, every time we hear news about people struggling and the world dying, we can say, "I can do something about that!" The most powerful statement we can make is with our food choices. We must also send millions of messages about the Starch Solution—in person and electronically—to everyone we know.

**Protest World Hunger: Stop Eating Meat**

**Protest Environmental Pollution: Stop Eating Dairy**

**Protest Destruction of the Oceans: Stop Eating Fish**



### 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. Klaper 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



### Featured Recipes

Lindsay Nixon [lindsaynixon@gmail.com](mailto:lindsaynixon@gmail.com)

Vegan chef of one of the top 50 food blogs on the Web, HappyHerbivore.com, Lindsay S. Nixon, creates recipes that show eating a low fat vegan diet is not only healthy but delicious, too.

Now, Nixon combines some of her tastiest recipes in The Happy Herbivore Cookbook, each made with no added fats, using only whole, unprocessed plant-based foods.

With Nixon's help its easy to make healthy food at home in minutes using inexpensive, "everyday" ingredients and tools.

Lindsay's recipes have been featured in Vegetarian Times, Women's Health Magazine and on The Huffington Post. Lindsay is also a consulting chef at La Samanna, a luxury resort and four-star restaurant in the French West Indies. You can learn more about Lindsay and sample some of her recipes at [happyherbivore.com](http://happyherbivore.com).

**Creamy Carrot Soup** (serves 2) -- Oats are the magical ingredient in this soup. They give the soup a texture it wouldn't otherwise have and also impart a lot of creamy flavor without using actual cream. This soup also whips up in an instant.

1 lb carrots, peeled and sliced

1 small onion, diced

1/4 cup instant oats

1/2 cup non-dairy milk (such as fat-free soymilk)

1/2 tsp ground ginger

1/4 tsp allspice

salt and pepper - to taste (optional)

In a medium saucepan, combine 2 cups of water, carrots, onion and oats over high heat. Bring to a boil then reduce to medium. Continue to cook, stirring frequently, until oats are cooked and carrots are fork-tender, about 5 minutes. Transfer to a blender, in batches if necessary, and blend with non-dairy milk until smooth and creamy. Add extra water or non-dairy milk if needed. Return soup to sauce pan and add spices. Gently reheat and add salt and pepper to taste if desired.

**Red Lentil Dal** (serves 4) - Dals are essentially thick stews made with lentils and traditional Indian spices. This dal is easy, delicious and cheap. Make it once and it will never leave your regular rotation, I promise.

1 small onion, diced

2 garlic cloves, minced

1 tsp turmeric

1 tsp ground cumin

1 tsp paprika

1 tbsp ground ginger

1/2 c dried red lentils

2 c vegetable broth

1 tomato, chopped (save juices)

3 ounces tomato paste (5 tbsp)

1 tbsp ground coriander

2 tsp garam masala

salt, pepper, cayenne to taste

Line a medium pot with 1/4 cup of water and cook onions and garlic until translucent. Add turmeric, cumin, paprika, and ginger, and cook for another 2 minutes, adding water if necessary to prevent sticking and burning. Add lentils, broth, tomato, tomato paste, and coriander, stirring to combine. Bring to a boil, then reduce heat to low and simmer for 15 minutes or until lentils are cooked and orange-ish. Add garam masala, stirring to combine, and let rest for 5 minutes. Add salt, pepper and cayenne to taste.

Note: if tomatoes are out of season, use 1/4 cup tomato sauce or two peeled canned tomatoes.

**Black Bean Burgers** (makes 3) - I love a good and quick meal, and this burger fits the bill perfectly.

15-ounce can black beans, drained and rinsed

1/4 c fresh cilantro, minced

1 tsp ground cumin

1/2 tsp dried oregano

cayenne, salt and pepper to taste

whole-wheat breadcrumbs or instant oats

whole-wheat buns

Preheat oven to 350F. Grease a cookie sheet or line with parchment paper and set aside. Pulse beans in a food processor until mashed well or alternatively, mash with a fork. Transfer to a mixing bowl and combine with cilantro and spices. Add breadcrumbs or oats as necessary until the mixture can be handled and isn't terribly sticky, about 1/4 c. If after 1/4 c. it's still too sticky, refrigerate for 5 to 10 minutes. Shape mixture into 3 patties. Lightly spray with cooking spray (optional) and bake 7 minutes. Flip and re-spray (optional) and bake another 7 to 10 minutes until thoroughly warm and crisp on the outside. Serve immediately. Because there is no oil, these patties dry out if you let them sit.

**Mexican Cabbage** (serves 2) - This recipe is just dying to prove to you that cabbage is not bland! It's spicy, flavorful, and a little sassy.

1 small sweet onion, chopped

2 garlic cloves, minced

1/2 medium head of cabbage, chopped into thin strips

8-ounce can tomato sauce

4-ounce can green chilies (minced)

2 tbsp tomato paste

1 tsp ground cumin

1/2 tsp dried oregano

1 c frozen corn, thawed

salt and pepper to taste

1 c black beans

baked corn chips (optional)

Line a medium pan with water and cook onion and garlic over high heat until translucent. Add cabbage, tomato sauce, chilies, tomato paste and spices. Reduce heat to medium and cook until cabbage is tender, about 10 minutes. Turn off heat and stir in corn until evenly distributed. Taste, adjusting seasonings as needed. Mix in beans before serving and top with crumbled corn chips if desired.

**Quick Queso** (makes 1 cup) - It's okay to go at this sauce with a spoon. I won't judge.

1 cup non-dairy milk (such as fat-free soymilk)

1/3 cup nutritional yeast

2 tbsp whole wheat flour

1 tsp granulated onion powder

1/2 tsp granulated garlic powder

1/2 tsp ground cumin

1/4 tsp paprika

1/4 tsp chili powder or cayenne (optional)

1/4 tsp salt, or to taste

Whisk all ingredients together in a sauce pan. Bring to a boil over medium heat, stirring often until thick. Serve immediately.

Note: Gluten-free flours or blends may be substituted, such as chickpea flour. Also, add a 1 10-ounce can of Rotel tomatoes with green chilies for a Mexican Queso twist.

**Cornbread** (serves 6) - This is my favorite cornbread recipe. It's quick and simple --- the kind of recipe you can whip up at any time because you always have the ingredients on hand.

1 c cornmeal

1 c whole wheat pastry flour

1 tbsp baking powder

1/2 tsp fine salt

1 cup non-dairy milk (such as fat-free soymilk)

1/4 cup unsweetened applesauce

1/4 cup pure maple syrup

2 tbsp raw sugar (optional)

Preheat oven to 400F. Whisk cornmeal, flour, baking powder and salt together in a large bowl. Add non-dairy milk, applesauce, maple syrup and sugar, if using, on top. Using a spatula, stir until just combined. Pour batter into a nonstick shallow 9" pie dish, or other oven-safe dish. Bake for approximately 20 minutes or until a toothpick inserted into the center comes out clean.

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>