



Heart Surgeons Kill First Man on the Moon: Neil Armstrong

This Tragic Loss Should Become One Giant Leap for Mankind

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The [first successful bypass operation](#) was performed in America at the Cleveland Clinic on May 9, 1967, about two years before Mr. Armstrong’s history-making step on the moon on July 20, 1969. Until the mid-1980s, octogenarians (people in their eighties) were spared from heart bypass surgery because the elderly are generally less able to withstand the rigors of extracorporeal circulation (the heart-lung machine) and the many hours of major surgery, than are younger patients. Plus, the life expectancy of people having reached the age of 80 years is limited. Yet, there is the economic side of this equation: doctors and hospitals have increasingly appreciated the market potential of this age group and as a result, have published multiple papers in an attempt to justify taking extreme risks with the elderly.



Open Heart Surgery Does Not Save Lives

There are two indications for heart surgery:

1) **To relieve incapacitating chest pain (angina)** that is not sufficiently reduced by “good medical therapy.” In standard medical practice, this means giving anti-angina medications like nitrates and beta-blockers. But truly “good medical therapy” must also routinely include a low-fat diet since the [frequency of angina episodes](#) is reduced by more than 90% in fewer than three weeks with this simple, safe approach. As an added benefit, this same low-fat diet [heals \(reverses\)](#) the underlying artery disease. A symptom-relieving indication for heart surgery appears to be absent in Mr. Armstrong’s case. He simply had the misfortune to step on a cardiac treadmill machine as part of a routine check up.

2) **To save lives.** According to the article “Is Heart Surgery Worth It?” in *Bloomberg Businessweek*, “Except in a minority of patients with severe disease, bypass [operations don’t prolong life](#) or prevent future heart attacks,” Even after massaging the data, the survival benefits are barely perceptible: A [recent analysis](#) of 28 studies comparing heart surgery with medical therapy, performed by doctors with a vested interest (cardiologists and bypass surgeons), found less than a 2% absolute improvement in survival achieved from heart surgery over no operation. These conclusions are based on relatively young patients. Sadly, the case for octogenarians is much more disappointing.

Multiple studies, performed by researchers, most interested in justifying bypass surgery, have confirmed the higher risks of complications (bleeding, kidney failure, etc.), death, and prolonged hospitalization in octogenarians. An octogenarians’ 30-day [mortality rate](#) is 9% compared to 1.2% in the younger group. Surgeons from the same city where Mr. Armstrong died, Cincinnati, know these dismal results as well. [J. Michael Smith, M.D.](#), director of surgical research, Good Samaritan Hospital, wrote about his study, “Octogenarians had a 72 percent higher risk of death, 3 percent longer hospitalization, a 51 percent higher risk for neurological complications and were 49 percent more likely to undergo repeat surgery for bleeding.... On the plus side, surgery can improve quality of life, including such symptoms as shortness of breath and chest pain, even in octogenarians. On the other hand, it’s hard to make the argument that you will prolong anyone’s life this way.”

The reason heart surgery (both bypass surgery and angioplasty) fails to save lives is that the targets of the operators are the hard, fibrous, stable, non-lethal plaques, not the [volatile small plaques](#) found inside the arteries that rupture and cause heart attacks and death.

Good Can Come from a Hero's Death

From all accounts Neal Armstrong was strong and healthy with many good years ahead for him. That is before he stepped on the treadmill, which in his case served as the conveyor belt to the operating room, and beyond. His former doctors undoubtedly have regret for their decisions, but not enough to change their ways. They owe the world an explanation for their actions in light of [common knowledge](#) held for more than two decades about the extreme risks of lucrative heart surgery in octogenarians. Likely, they will remain silent, continuing to make obscene profits at all costs. (The average annual salary of a bypass surgeon is \$533,084.) Let's hope that this one small step for (a) man will become one giant leap for mankind by publicizing this kind of unconscionable care. No one is immune from these everyday medical practices as Neil Armstrong's untimely end demonstrates. And let's dream beyond the moon, hoping that someday soon patients will be offered a time-honored, safe, cost-free, highly effective dietary approach to their health problems.

(Although the kind of stress test used for Neil Armstrong was not identified, the use of a walking treadmill to stress the heart is most commonly employed. If positive, then an angiogram is performed to identify the anatomy of the specific blockages. The angiogram serves as a preoperative test.)

The Diet Wars: The Time for Unification Is Now

Recent disagreements posted on my discussion board have left the public asking, "Why can't you experts agree?" Three giants in the field of plant-based nutrition, T. Colin Campbell, PhD, Caldwell B. Esselstyn, Jr., MD, and Joel Fuhrman, MD have recently been involved in discussions over matters of nutritional advice and business. (See below for the discussions.) This is just one of many examples of disagreements involving strong personalities that overshadow efforts to accomplish a greater good: saving the world and its inhabitants. Billions of people are sickened by the Western diet, the American healthcare system nears collapse, and the environment is becoming as hot as hell. Yet "Nero fiddles while Rome is burning." It is time for all of us experts to sacrifice personal goals and needs for the greater good. With mutual support we can stand strong against the real enemy: those recommending and profiting from an animal-food based diet.

Good Verses Evil

The experts advocating meat-eating are identified by terms such as low-carb, Paleo, Primal, Zone, Wheat Belly, Atkins, etc. They want people to eat fat and protein (animals) for energy and to avoid carbohydrates (starches). Their messages support many profitable conglomerates, including the meat, poultry, fish, egg, and dairy industries. As a direct result of their sales, secondary businesses like medical doctors, hospitals, and pharmaceutical companies reap huge profits. All of these industries share an ideology with coal and oil companies: Profits override the welfare of planet Earth and its inhabitants.

In terms of making money, arguments among us are small potatoes. Our closed circle of vegan friends amounts to only a few customers. Setting our sites on the real enemy means going after the minds and hearts of billions of people. Let's go for the big win.

Arguments by T. Colin Campbell, PhD, Joel Fuhrman, MD, and Caldwell Esselstyn, Jr. MD from the free [McDougall Discussion Board](#). Contributions from other board members on this topic make intersecting reading and provide context for the isolated statements below.

Background: Posts on the McDougall Discussion Board, and other boards, have for years brought up disagreements between Joel

Healthy diets based on plants foods have been advocated for millenniums. Here are a few of the important players (please note the lack of originality, in other words, the commonality):

Barnard Diet (by Neal Barnard, MD, founder of Physicians Committee for Responsible Medicine): Based on starches, vegetables and fruits. Diet is low-fat. Emphasis is on no animal foods, ever.

Biblical Daniel Diet: More than 2500 years ago a diet of vegetables and water was found to improve the health of men in 10 days, compared to men eating meat (the king's food).

China Study Diet (by T. Colin Campbell, PhD): Based on starches, vegetables, and fruits. Animal foods may account for 10% or fewer of foods consumed.

CHIP Program (The Complete Health Improvement Program by Dr. Hans Diehl): Based on starches, vegetables, and fruits. Emphasis is on eating low-fat.

Esselstyn Diet (by Caldwell Esselstyn, MD): Based on starches, vegetables, and fruits. No nuts, seeds, avocados, or other fatty plant foods are allowed. Emphasis is on eating very low-fat.

Engine 2 Diet (by Rip Esselstyn): Based on starches, vegetables, and fruits. Emphasis is on eating very low-fat.

Fuhrman Diet (by Joel Fuhrman, MD): Based on green and yellow vegetables, beans, nuts, and seeds. Not always low in fat. Small amounts of animal foods allowed. Emphasis is on eating "nutrient-dense" greens.

Hallelujah Diet (by Rev. George Malkmus): Consists of 85% raw, uncooked, and unprocessed plant-based food, and 15% cooked, plant-based foods.

Kempner Rice Diet (by Walter Kempner, MD): Based on rice and fruits. More plant foods and a few animal foods are allowed after recovery. Emphasis is on eating very low sodium.

Macrobiotic Diet: Based on grains (rice) and vegetables. Fish, sea food, seeds, and nuts may be eaten occasionally.

McDougall Diet (by John McDougall, MD): Based on starches, vegetables, and fruits. Healthy, trim people can eat some nuts, seeds, and avocados. Animal foods for holidays, at most. Emphasis is on eating starches.

Natural Hygiene Diet (by Herbert M. Shelton, ND): Advocates a raw food diet of vegetables, fruits, and nuts; and also periodic fasting and food combining.

Ornish Diet (by Dean Ornish, MD): Based on starches, vegetables and fruits. Low-fat dairy, some fish, and fish oils are used at times. Emphasis is on eating very low-fat.

Popper Diet (by Pam Popper, PhD): Based on starches, vegetables, and fruits. Emphasis is on eating very low-fat.

Pritikin Diet (by Nathan Pritikin): The original diet was based on starches, vegetables and fruits. Small amounts of meat, poultry, fish, and low-fat dairy are allowed. Emphasis is on eating very low-fat.

*This list is incomplete

Fuhrman, MD's nutritional advice and other medical doctors, such as Caldwell Esselstyn Jr., MD. Both men recommend a diet of plant foods and warn against eating animal-based and processed foods. Dr. Fuhrman recommends limiting starches and to instead get more of your calories from nuts and seeds. Dr. Esselstyn recommends against using nuts and seeds, and instead recommends starches for calories. Both experts enthusiastically recommend non-starchy green and yellow vegetables, such as broccoli and kale. Disagreements between Drs. Esselstyn and Fuhrman are focused on a claim that a very low fat diet is harmful to some patients, especially those with heart disease. Dr. Campbell became involved in the discussion because of a scientific paper published by Dr. Fuhrman: Sarter BS, Fuhrman J. Effect of a high nutrient density diet on long-term weight loss: a retrospective chart review. *Alternative Therapies* 2008;14(3):48-53. This paper, when originally published, included Dr. Campbell as the first author. Reading through my discussion board will clarify any misunderstanding you have after reading the following comments and put the author's thoughts into proper context.

The Doctors:

T. Colin Campbell, PhD is Professor Emeritus of Nutritional Biochemistry at Cornell University and has authored more than 300 research papers. He is coauthor of the bestselling book, *The China Study: Startling Implications for Diet, Weight Loss and Long-term Health*.

Caldwell B. Esselstyn, Jr., M.D is the author of *Prevent and Reverse Heart Disease*. President Clinton credits his transformation to a vegan diet to Dr. Esselstyn. He is the past president of the American Association of Endocrine Surgeons and spent much of his professional life as a surgeon at Cleveland Clinic.

Joel Fuhrman, MD is the author of seven bestselling books and is a frequent guest on national television shows. His work has focused the public's attention on the importance of "nutrient dense" vegetables. He has helped thousands of patients reverse serious illnesses.

Dr. Campbell's First Response

Wed Aug 22, 2012 1:34 pm

I only recently learned of this post and it is accurate, except for one thing. I did not proactively publish Dr. Fuhrman's paper as this might suggest.

About 5-8 years ago, I was expressing general interest in Dr. Joel Fuhrman's work, as I did with a few other clinicians, inviting him to Cornell to give a lecture (as I did for 32 others) and including him in a group of seven to consider a research proposal on how to advance this field. He then asked that I help him publish in a peer-reviewed journal some case histories of his patients and their body weight loss. He thought that my long years of publishing over 350 experimental research papers might help (he had no such papers). I did so because I thought that he had something that needed airing in the professional literature. I agreed for him to use my name as a co-author (but in a secondary place in the list, although later it was mysteriously changed in the journal's archives to my being first author—leading others to falsely believe that I had done the study).

His manuscript, submitted to two lead journals, was turned down. A couple years later, I became curious and asked him what had become of the manuscript. He replied that it had been submitted to yet another journal, albeit much lower quality, and was being published (in May 2008). Fast forward to the Fall of 2011, when I was reminded by a friend who had used those results and who informed me that something was amiss in the way that Dr. Fuhrman was promoting the findings.

With some difficulty I retrieved a copy of the raw data. Previously, Drs. Sarter and Fuhrman had only provided a summary table of these data—it is rare for secondary authors and reviewers to actually see the raw data. Not only were those data badly miscalculated and misinterpreted but, much worse, Dr. Fuhrman exaggerated in a very public place that this study resulted in "the most sustained weight loss ever recorded in a medical study" (or "in medical history"). This is not factual. Even though Fuhrman was claiming that all of the 56 subjects had lost weight and had kept it off for two years, only 4 had done so. He also said that average weight

loss for these subjects was 53 pounds, but upon my calculation of the raw data, it was 34 pounds, and then this was only for the individuals who complied. His very public claim that there were 65 patients is false; there were 56 patients. On another very public occasion, he said that there were 100 patients, not the 56 or even the 65 (he was NOT referring to some additional patients beyond the study, as he once claimed).

I decided to submit a letter to the journal (in Sept 2011) withdrawing my support and shared it with Dr. Fuhrman. But to this day, he has refused to acknowledge anything wrong with the paper that I co-authored. Indeed, he continued to use this paper (his only paper) to raise funding from the public for his research. He continues to falsely highlight in a prominent place an average 53-pound weight loss.

More recently, I learned that he also allowed my name to be used in a widely viewed documentary (*Fat, Sick and Nearly Dead*), claiming that I supported his work. My name is placed alongside an image of his food pyramid used to support his work, which I never saw and which I cannot support. Worse, he prominently identifies my institution, Cornell University, in this film (now seen by three million viewers according to the producer), creating a serious professional embarrassment for me.

There is much more to this ongoing nightmare, but this is enough. Destroying the evidence of Fuhrman's misdeeds, as one of his friends wants to do, does not solve the problem. I simply want it known that I can no longer support anything Dr. Fuhrman says or does. Some have advised that my making this public may hurt this important area of work. But I disagree. Behavior like this only runs the risk of turning this idea into one more food fad for personal gain, a practice that has long plagued the public narrative on food and health. We can do things better and it begins by making a special effort to tell the truth.

Dr. Fuhrman's Response

Sat Aug 25, 2012 6:19 pm

It is good to see people interested in the fascinating nuances of nutritional science, and while I do not post to these boards, I do feel the need to set the record straight here. I am fine with disagreements based on science, but there is no need for personal insults and distortions with the purpose to demean. We are a community with shared interests facing many challenges in getting the word out. These attacks serve no one.

I never stated that one of Dr. Esselstyn's patients died because he did not eat nuts. That claim is not true and I was never aware of that page on Dr. Esselstyn's site before now. The potential contributory causes of death in such cases are not just difficult, but likely impossible to ascertain. I did say that there is evidence in the scientific literature that addition of seeds/nuts to a diet was shown to reduce the incidence of cardiac arrhythmias and the risk of sudden cardiac death. Therefore, I mentioned the lack of nuts and seeds in the diet may increase such a risk in the fragile cardiac patient. I did represent, on that occasion in a lecture to my Getaway audience (over 6 years ago) that my vast experience with thousands of vegan patients included a few who came to me after developing arrhythmias on an extremely low-fat vegan diet (without nuts and seeds). I have also reported a case where a man who developed cardiac arrhythmias resolved it when I adjusted his diet accordingly. I am concerned that if thousands of cardiac patients with advanced disease adopt an extremely low-fat protocol (without any seeds/nuts) we might see some deaths from cardiac arrhythmias, and we have no certainty that such a death has not already occurred. Dr. Ornish, Dr. Gregor, and other nutritional scientists and researchers I communicate with have had similar concerns about the issue of fatty acid deficiency in some vegans, that could be more susceptible to this, potentially promoting arrhythmias; but this is a complicated subject, not appropriate to be argued here now. Certainly I do not think patients should fear eating a few walnuts if they have heart disease, and I have the right and obligation to explain my dietary recommendations and the reasons for them. For many years, I have had extremely successful results reversing heart disease with cardiac patients adopting vegan diets. This is a scientific discussion of interest and a disagreement of interpretation of science, not a personal attack on anyone. It should not be twisted into a personal attack against me either. There is a huge difference between questioning the potential risk of a dietary recommendation and stating emphatically someone died because of it.

My nutritional advice may differ from others posting here, and differ from other professionals in this community, but this is not the

appropriate place for me post my view, defend or elaborate on my case histories and years of clinical experience; however, I think that before these attacks continue, an effort should be made to clarify the facts rather than perpetuate personal attacks, especially when they are not accurate.

My paper on vegan athletes was written and published years before I added taurine to my supplement. The insinuation that my recommendations for competitive athletes are based on anything other than the performance value for the athlete is ridiculous.

These attacks on my character are not uncommon in these forums, and I have chosen not to respond to them; but this thread goes way too far. Notably, Dr. Campbell's battle of words with me is very unfair. I have offered to discuss his concerns and correct his erroneous misinterpretation of events many times. Many others in our community have offered to the same, and open a healing dialog. Unfortunately Dr. Campbell has refused all of us and has persisted in personally attacking me. The study in question was a collection of patient's charts from my office many years ago. The initial number of consecutive charts I transferred to the researchers was 100, then they narrowed them down first to 62, and then to 56 using various inclusion criteria; so the numbers change, and then even fewer than that continued for the full two years. Not only did I have nothing to do with the data collection and statistical tabulation of those results, but Dr. Campbell had the access to and may be even an obligation to confirm those numbers and calculations, not me. That was certainly not my role in the study. When an error in the criteria for inclusion came up, many years later, it changed from the n of 19 to 18; at the two-year follow up, it still showed all but one person had significant weight loss, with a mean weight loss of 37.6. The lead researcher from the University of San Diego took responsibility for the error and wrote a correction to the journal and also stated, "Therefore the conclusions of the article remain as originally stated, being that the high nutrient density diet has the potential for leading to significant and sustained weight loss and reduction in cardiac risk." Dr. Campbell then removed his name from the study. My report of an average 53 pounds of weight loss was consistent with the results of the study, until the error was found, and since that calculation error was reported I have never made such a claim again and removed all reference to it in my control. Dr Campbell's inflammatory statements insinuating academic fraud are 100 percent unjustified and wrong. I was not involved in the calculations and numerical data and had nothing to do with them (I only supplied my patient charts to the researchers). I also had nothing to do with Dr. Campbell's name being used in the movie mentioned and did not even know that his name was visible there until reading it here now. I was not consulted on what they used or did not use in that movie, I just did my part. He is incorrect on numerous other points above as well. Certainly, I did not intend to offend him or anyone else.

Character assassination has no place on these boards. I hope Dr. McDougall does not support this here. It is fine to disagree, on interpretation of science, but we should stick to logic and science, and refrain from the personal vendettas and judgmental distortions. Certainly, I have no interest in continuing to post here and think the personal attacks against me should stop. Certainly there is nothing wrong with continuing to question the logic behind my interpretation of nutritional science and my experience and disagree. Remember though, we are all fighting a similar battle and trying to help and motivate others to eat healthier and get healthier.

Joel Fuhrman, MD

Dr. Esselstyn's Response

Tue Aug 28, 2012 12:22 pm

The present Fuhrman flap is an embarrassing and distasteful chapter in the journey to healthy plant-based nutrition, brought on entirely by Dr. Fuhrman himself, who has a compulsion to denigrate his colleagues and/or their science. The repetitious nature of his attacks indicates he is insensitive to his own behavior and unaware of what he is doing to hurt himself in the eyes of his colleagues or the public.

By way of contrast, when the chairman of a leading corporation was questioned on how he had become so successful and the recipient of so many awards, he replied, "There are no limits to how far and how high you can go, if you are willing to give credits to others."

Caldwell B. Essesltyn, Jr., MD

Dr. Campbell's Second Response

Wed Aug 29, 2012 6:46 am

Mark Simon's commentary on Dr. Fuhrman's misdeeds is excellent. There's not much else to say, except perhaps to remind ourselves that the proposition of using a whole food, plant-based diet, with little or no added oil, sugar and salt, is an amazingly productive story that has so much to offer.

I must add, however, one additional comment to my own post on Dr. Fuhrman. This concerns my "take" on the matter of trust in science, especially as it applies to the publication of research results in professional peer-reviewed journals. It is a process that is poorly understood by most people.

When manuscripts are submitted for publication, reviewers of the manuscripts rarely if ever see the raw data. They only see the summaries of these raw data. Thus they are compelled to trust the authors who compile the data into tables and graphs. If any of these raw data are not included, this must be explained. This process is a matter of trust that is so fundamental to science. If and when this trust is broken, penalties can be severe. At least this is the way that science is supposed to work, and I am confident that it does for the vast majority of researchers who publish papers. Our reputations in science rest on this trust, and without it our reputations--and our careers--can be quickly destroyed.

I accepted Dr. Fuhrman's request to help him publish a peer-reviewed paper by lending my name as a secondary author. I did so because I believed his claim that he had something important to say. In effect, he wanted to use my reputation because of my half-century of publishing about 350 papers, my serving on the editorial review boards of five journals, and my serving on several grant review panels of NIH, the American Society and other organizations.

Fuhrman's manuscript really was not a study. It was a summary of case histories from his practice. As project director his name was listed last, as is customary. Dr. Sarter was the person who tabulated the data. Her name was listed first, as is customary. They are the authors who assembled the data, wrote the manuscript and submitted the paper. My name was in the middle, as is customary for people who have a secondary part in the project.

The paper was submitted to two respectable journals. Both rejected the manuscript. About two years later, I inquired of Dr. Fuhrman what had become of the manuscript and he informed me that it was being published in a journal with a much lesser reputation (May 2008).

Three years later (2011) I learned that the findings of this paper were being questioned. I was urged to get a copy of the raw data to see for myself. Initially, Dr. Sarter who I have never met, denied giving me a copy. My second request succeeded, thus giving me my first opportunity to see her compilation of the data, in the form of an Excel sheet. I did my own compilation and it was flawed, as initially suspected by the person who brought this to my attention. But, importantly, this is only Dr. Sarter's and Dr. Fuhrman's compilation of the data. To this day, I have never seen the real raw data as presented in the case histories.

I also learned (in 2011) that my name, three years earlier (2008), had been changed to my being listed first in the journal's archives. This is a serious misrepresentation, although I do not know who did this and why it was done. In any event, it incorrectly gave the impression to others that I was main author of this so-called study.

Like I have done hundreds of times for reviews of other manuscripts, I had trusted Drs. Fuhrman and Sarter to honestly summarize the data--a huge mistake on my part, as it turned out.

But, unbelievably, this flawed summary of data was only the beginning of the problem. Dr. Fuhrman then grossly exaggerated the-

se flawed findings even further, in very public places.

I therefore had to withdraw my name by submitting to the journal a proposed retraction letter. I shared a copy of my letter with Dr. Fuhrman, assuming that he would want to do the same, as is customary in matters of this sort. He failed to take advantage of this opportunity and continued to go forward with the same exaggerations. Indeed, he began using this study, with my name intact, to raise public funding for his version of research.

He made it clear to me that he had no intention of acknowledging his culpability or of changing course in making false public claims. Instead, he and one of his colleagues began accusing me of "personal attack," among other charges. Finally, about six months later my retraction letter was published but only after the editor eliminated the substance of my reason for submitting the letter.

Aside from Fuhrman's serious misrepresentations, this affair reveals how important is this matter of trust in science. It is literally impossible for reviewers and secondary authors of studies to examine the details of raw data. They must trust those who assemble these data in a form that can be properly reviewed, analyzed and interpreted. When that trust is broken, science fails, and severe penalties can be the consequence. In this case, based on what I have experienced, I can no longer trust anything that Dr. Fuhrman does or says, as I said in my previous post. Were he to have been a member of a professional society, I am confident that he would by now have been put out to pasture.

And finally, returning to my initial point, although we must clean up messes when they occur, we also must not lose sight of the extraordinary possibilities that this dietary lifestyle offers for solving so many of our problems. We also must acknowledge the exceptional work and courage shown by the majority--and growing number--of professionals working in this area for these past 2-3 decades.

Dr. McDougall's Comment: The Dust Has Settled

Disagreements on these particular matters have been going on behind the scenes for years. Now all is out in the open. From my viewpoint there is nothing more to say. (The threads on these discussions have been locked.) You can take your side in the arguments, if you choose. Rather, I would like you to join me in recognizing and commending the efforts of all three men for effectively communicating to the world's population the importance of eating a primarily plant foods diet. Now it is time for our common goals to be recognized and our differences to be set aside.



Featured Recipes

Bread Machine Recipes

When I was visiting my sister, Carol, in Michigan last month we made bread almost every day in her bread machine. It was so easy—much easier than the old bread machine that I have had for years (and hardly ever used)—because it has a yeast dispenser on the top of the machine that adds the yeast at the proper time so you never have to worry about having the water at the correct temperature for the yeast to develop properly. For me, that was a real plus. So when I returned home, I ordered one of these machines on Amazon, and I have been making bread at least 2 or 3 times a week since I returned home. It is a [Panasonic SD-YD250 Bread Bakery](#) and I love it. Of course, it comes with a set of recipes that use ingredients that I would never use in my bread, so I have invented my own set of recipes for use in this machine. These recipes were developed for use in a machine that has a yeast dispenser on the top that automatically adds the yeast at the proper temperature and does not have to be added to the other ingredients. If you have a machine that needs the yeast added with the other ingredients, you will have to adjust the water temperature according to your machine instructions in order to get a perfect loaf. Weight measurements are more accurate than the amount measurements in (). I find that the machine that I have is very forgiving and I can add herbs for seasoning, or a few seeds for flavor

and not have to make any other adjustments. All of my loaves have turned out great, and the house really smells wonderful with fresh bread cooking. The recipes given here make 1 large loaf of bread.

Basic Bread

18 $\frac{1}{4}$ ounces bread flour (3 $\frac{11}{16}$ cups)
2 teaspoons salt
1 $\frac{3}{4}$ tablespoons sugar
12 $\frac{1}{4}$ ounces water (1 $\frac{1}{2}$ cups)
1 $\frac{1}{4}$ teaspoons active dry yeast

Place all ingredients except the yeast into the machine. Place yeast in the yeast dispenser on top of the machine. Turn on and bake until done.

Hints: Use this basic recipe to experiment with different flours, such as white whole wheat, or half whole wheat and half unbleached white. This recipe works well with half white whole wheat flour and half unbleached white flour.

Seven Grain Bread

This is one of our favorites that I make over and over again. It is so delicious warm and fresh out of the machine.

18 $\frac{2}{3}$ ounces whole wheat flour (3 $\frac{3}{4}$ cups)
2 teaspoons salt
 $\frac{3}{8}$ cup 5 or 7 grain cereal mix (Bob's Red Mill)
2 tablespoons molasses
13 $\frac{1}{2}$ ounces water
1 $\frac{1}{2}$ teaspoons active dry yeast.

Place all ingredients except the yeast into the machine. Place the yeast into the yeast dispenser. Turn on and bake until done.

Variation: Use 10 $\frac{2}{3}$ ounces of whole wheat flour and 8 ounces of unbleached white flour for a less dense loaf. Or use white whole wheat flour instead of the whole wheat flour.

Add 1 tablespoon sesame seeds, 1 tablespoon sunflower seeds, and $\frac{1}{2}$ tablespoon poppy seeds to the ingredients without changing any of the other ingredients.

The salt in this recipe is entirely optional. I have made the bread without adding any salt at all and the loaf turned out fine.

Hints: I have found that it is very easy to vary the ingredients used in the bread without affecting the quality of the loaf. I do measure the flour by weight and also the water by weight, but I find that even if I am off by a little bit it doesn't seem to matter. The machine is very forgiving. Almost all of the recipes provided with the machine call for dry milk and butter. I just leave them out and make no other adjustments in the volume of flour or water used and the bread turns out great!! So don't hesitate to experiment when trying out some new ingredients. I like to add a variety of dried herbs to the mixture before turning the machine on to give the bread additional flavor.

Easy Homemade Pizza Dough

By Heather McDougall

Heather is my daughter and she makes the pizza dough for most of our family gatherings, it has become so popular with everyone in the family. We try different toppings all of the time, but the crust is always the same. Heather rolls it out very thinly with a roll-

ing pin, but you could also stretch it out with your fingertips if you prefer. We top the pizza with various assortments of toppings and just place the crust (including the parchment paper) on a heated pizza stone on our outdoor gas grill that has been preheated to the highest temperature, close the cover and it's ready in about 8 minutes.

Prep Time: 10 minutes

Length of Rise: 18-24 hours

Rolling time: 30 minutes

7 ½ cups all-purpose flour or whole wheat flour
 1 teaspoon active dry yeast
 1 – 4 teaspoons salt (use more for saltier tasting crust)
 3 cups water, plus more if dough is too dry

In a stand mixer with dough hook, add flour, yeast and salt and mix on low speed until combined. Slowly add water until combined, then knead with dough hook for 2 more minutes, or until dough starts to pull away from bowl and form a big ball on hook. If the mixture seems too dry, add a bit more water. Sometimes I need to do this, other times I do not. Not sure why.

Put this mixture in a large clean bowl, cover with plastic wrap or silicone cover, (I cover it with a towel too, not sure if that makes any difference, but it makes me feel better) and place in a draft free area for 18-24 hours.

The next day, turn mixture out onto a floured work surface. Shape into a long oval shape and cut into 6 even sections, or 3 if you like your pizza thicker. Next, take each section and fold the ends towards the middle, flip over, shape into a ball and place on a baking sheet with parchment paper. Do this with all pieces. Cover the dough with plastic wrap and a towel and let sit for one hour.

(If you don't want to use the dough right away, simply place in ziplock bags and place in the freezer. May be kept frozen for up to 6 months. To thaw, remove from freezer and let rest on counter until thawed, about 2 hours.)

After one hour, take each ball and roll out on a floured surface until it is the thickness you like your pizza. I like to use a large wooden pizza spatula with parchment paper on it, then a sprinkling of cornmeal, then crust. Next, I put all of the toppings on and bake on a preheated pizza stone in my BBQ as high as it will go, for about 8 minutes.

Some of our favorite pizzas:

Mexican: "refried" beans, black olives, onions; topped with lettuce, tomatoes and salsa after cooking

Thai: peanut sauce, red peppers, baked tofu, onions; topped with cilantro and/or greens after cooking

Veggie: tomato sauce, red peppers, mushrooms, black and green olives, onions, pepperoncinis.

Gluten-Free Version

Makes 3 medium pizzas (you can easily double the recipe)

I used Bob's Red Mill Gluten-Free Bread Mix. If you do this, you can omit the salt and use the yeast that they provide.

3 cups gluten-free flour (Bob's Red Mill Gluten-Free Bread Mix)
 1-2 teaspoons salt
 1 teaspoon yeast
 1 Tablespoon Egg Replacer mixed with 2 Tablespoons warm water
 1 teaspoon cider vinegar
 1 ½ cup water

Mix dry ingredients with a stand mixer. Slowly add water, egg replacer mixture and vinegar. Knead with hook for 3 minutes. Follow the regular dough instructions above.

Dave's Greens

Dave DeGraaf lives next door to my sister, Carol, in Michigan and has a HUGE garden in the back of his home. He supplies the whole neighborhood with food, and still has plenty left over. He also brings over McDougall-style recipes for us to try (when I am visiting, and also when I am not there) and this year was no exception. Our favorite this year was his recipe for Swiss chard. We ate it warm, cold, and even spread on pizza crusts (see hints below). This recipe can easily be modified according to the greens you have available, we were there during the Swiss chard harvest, and boy was it delicious!! Dave picks his chard by the bushel, so I have adapted this to the usual amounts of chard that you'll be able to find in your local market. This recipe may easily be doubled, or tripled, and it will keep for several days in the refrigerator after it is cooked.

Preparation Time: 10 minutes

Cooking Time: 3-5 minutes

Servings: makes about 6 cups steamed chard

3 bunches Swiss chard (about 2 pounds)

1/8 to 1/4 cup almond meal

1/4 teaspoon garlic powder

dash sea salt

several twists freshly ground pepper

Clean the chard, remove stems, and coarsely chop.

Place in a steamer basket over boiling water and steam for about 3 minutes. (If you decide to use the stems as well, place the chopped stems in the steamer basket first and steam for 2 minutes before adding the chard leaves.) Remove from steamer and drain well. Place in a large bowl. Add 1/8 cup almond meal and the remaining seasonings and toss well to mix. Taste and add a bit more almond meal if you'd like a richer flavor.

Hints: This is delicious warm, or at room temperature. We even ate it cold for breakfast the next day! We also used it as a topping for a pizza crust by spreading the seasoned greens over the uncooked pizza crust in a thin layer, adding some sliced mushrooms, sliced onions, and sliced red peppers and grilling for about 10 minutes on the gas grill outside. We all agreed it was surprisingly wonderful. (See recipe for pizza crust above.)

Mexican Rice

By Mika McDougall

Mika is my daughter-in-law. She lives in Portland, OR, with our son, Craig, and our newest granddaughter, Chloe. They were just with us for a visit so Craig could work with John during the August 10 Day McDougall Program, and we could spend some time getting to know Chloe, who is now 8 weeks old. We had our usual bean burrito meal while they were here, but this time Mika made a Mexican Rice dish to be served over the mashed beans that are a tradition in our family. They make this every time they have a bean burrito meal at home, and I think this might become a new favorite at our home too. Try this on top of the beans, add some chopped lettuce, sprinkle with salsa and then roll up in a tortilla.

Preparation Time: 10 minutes

Cooking Time: 45 minutes

Servings: Makes about 3 cups

1 cup long grain brown rice, toasted
3 cups liquid (water or vegetable broth)
1 8 ounce can tomato sauce
½ onion, diced
½ teaspoon ground cumin
¼ teaspoon garlic powder
dash salt
several twists freshly ground pepper

Place the uncooked rice in a large non-stick sauté pan. Cook and stir until it smells toasty, about 3-4 minutes. Add the remaining ingredients, bring to a boil, reduce heat, cover and cook until liquid is absorbed, stirring only very occasionally. Remove from heat, fluff with fork and let rest a few minutes before serving.

Potato Tacos

By Irene Tsatsos McDougall

Irene is my daughter-in-law and lives about 1 hour south of us with our son, Patrick, and our youngest grandson, Sam. She is the Social Media Manager for Dr. McDougall's Health & Medical Center. I just asked her for a quick recipe to share with everyone and she sent me this simple and delicious use for potatoes for a fast and easy meal. John and I will be having this very soon. Great idea!!

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Servings: 4-6

2 pounds Yukon Gold potatoes
1-2 teaspoons taco seasoning mix
4-6 tortillas
fresh salsa
chopped cilantro
sliced avocado

Boil or microwave the potatoes with the skins on. Cool and cube. Place dry into a non-stick sauté pan and cook until nicely browned on all sides. Add some taco seasoning to taste (see hints below), toss well and add a few drops of water to moisten seasoning if needed. Cover and cook for another minute.

Serve on a warmed tortilla, with fresh salsa, chopped cilantro and a few slices of fresh avocado, if desired. Roll up and eat.

Hints: Bearitos makes a taco seasoning mix in a package and you can also find taco seasoning mixtures at Penzeys Spices. Serve with fresh corn on the cob, sprinkled with lime juice and a few dashes of cayenne pepper.

Oat Bars

These oat bars are great for kid's lunches. They can be made into a lower fat version by replacing the nut butter with egg replacer (see directions below).

Preparation Time: 20 minutes

Cooking Time: 20 minutes

Servings: makes 10 bars

2/3 cup chopped, pitted dates
½ cup water
2 tablespoons nut butter
1 ¼ cup quick oats
½ cup white whole wheat flour
½ teaspoon cinnamon
2/3 teaspoon baking powder
1/8 teaspoon sea salt

Preheat oven to 375 degrees.

Place 1/3 cup of the dates and all of the water into a blender jar. Process until smooth. Add the nut butter and process again. Set aside. Combine the remaining ingredients, except for the reserved dates, in a medium bowl. Add the mixture from the blender jar and the remaining dates and mix until just moistened. Spread into a silicone 8 x 8 inch baking pan, smoothing the top with a spatula. Bake until firm and lightly brown around the edges, 18-20 minutes. Cool in the pan, then loosen edges and invert entire pan over a flat platter. Cut into about 10 bars. Place in a ziplock bag and store until ready to eat.

Hints: Use egg replacer in place of the nut butter for a lower fat bar; you will need about 2 tablespoons liquid egg replacer. Applesauce also works well, but I've found that peanut butter is a favorite with children. These may be individually frozen for use in school lunch boxes; they take about 2 hours to thaw.

Linda's Greens

By Linda Vallin

Linda has been trying new recipes and sending me the best ones for years, so when I saw this one I had to try it. I love kale, especially Lacinato kale, and I have a garden full of it, so this seemed perfect to me.

Preparation Time: 15 minutes

Cooking Time: 7-8 minutes

Servings: 2-3

1 bunch Lacinato kale
1 tablespoon pure maple syrup
sea salt (optional)

Wash the kale and tear into bite-sized pieces. Place a large non-stick sauté pan on the stove and fill it with just enough water to cover the bottom. Stir in the maple syrup. Heat over medium-high heat until liquid bubbles. Add the kale and stir to coat with the liquid. Cover and cook for 2-3 minutes. Remove cover and continue to cook until the remainder of the liquid evaporates. Serve at once, letting each person add salt to taste at the table, if necessary.

Hints: Try this with other greens, such as collards or Swiss chard. Add some shredded carrots to the greens as they are cooking for color and taste.

By Tiffany Hobson

Mary called me and asked if I had any quick and easy recipes to contribute to this month's newsletter. The following recipes are things I make when I do not have time to cook.

Heirloom Tomatoes

Preparation Time: 7 minutes

Cooking Time: None

Servings: 4

3 Heirloom tomatoes, washed and sliced

1-3 tablespoons Balsamic vinegar

1 bunch of fresh basil leaves, rinsed and left whole

Pinch of sea salt

A few twists of ground black pepper, optional

Place 6-9 slices of Heirloom tomatoes on a plate. Add 3-6 fresh basil leaves on top of the tomatoes. Drizzle 1 tablespoon of balsamic vinegar over the tomatoes and basil. Depending on how many tomatoes you use, you may need a bit more balsamic vinegar. The tomatoes should not be drenched with balsamic vinegar, only a light coat is needed to enhance the flavor. Add a pinch of sea salt over the tomatoes. A few twists of ground black pepper may be added to this dish, but is not needed.

Note: This is also nice to place on top of some greens and enjoy as an easy salad. Sometimes I do this and place it in a wrap when I need a quick lunch on the go. You may opt to omit the basil if you do this.

Easy Mexican Pasta

This is a variation of Mary's Mexican Pasta dish from her Quick and Easy Cookbook.

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 6

1 12-ounce bag of penne pasta

1 ½ cups frozen corn kernels

1 15 ounce can black or pinto beans, drained and rinsed

1 box of Pomi chopped tomatoes

1 or 2 4-ounce cans diced green chiles

1 teaspoon oregano

1 teaspoon ancho-pasilla chili powder

1 teaspoon ground cumin

Cook the penne according to the package directions. Drain, rinse with cold water and set aside. In a non-stick pan over medium heat, add the corn kernels. Allow them to cook, undisturbed, for 4 minutes. Add the remaining ingredients; mix well, and cook, stirring frequently, for 5 minutes. Add the cooked penne and mix well. Allow to cook for an additional 1-2 minutes. Serve immediately.

Note: You could vary this dish by sautéing garlic and onion in water for 5 minutes before adding the frozen corn kernels. Adding fresh cilantro before serving is a nice addition to this meal.

Roasted Vegetables and Pasta

This light pasta dish needs no sauce. The flavors of the roasted vegetables are the main attraction to this meal.

Preparation Time: 20 minutes

Cooking Time: 30 minutes

Servings: 6

1 12-ounce package of linguini or fettuccini
3 ears of corn
2 zucchinis
1 red bell pepper
2 cloves of garlic, minced
¼ cup water
1 box of Pomi chopped tomatoes
2-3 tablespoons bouquet garni
Ground black pepper and sea salt to taste, if desired

Preheat the oven to 350 degrees. Place the corn, with husks still intact, zucchinis and red bell pepper directly on the baking rack. You will need to turn the vegetables a few times as they cook in the oven for 25 minutes.

Cook the linguini or fettuccini according to package directions. Drain, rinse with cold water and set aside.

In a non-stick pan, add the water and garlic and sauté over medium heat for 5 minutes. Add the Pomi tomatoes and mix well. Reduce to low heat.

Once the vegetables are finished roasting, peel the husks off the corn and cut the corn off the cob. Cut the zucchinis length-wise and chop. Cut the red bell pepper into strips and cut in half. Add the vegetables to the garlic and tomatoes, along with the bouquet garni. Mix well. Add the pasta and mix well. Serve with ground black pepper and sea salt to taste, if desired.

Mary's Variation: Roast the vegetables as directed and make the sauce, but instead of serving with cooked pasta, serve over freshly made polenta, or baked polenta rounds (from a cooked polenta package), over brown rice or other whole grains or even over baked potatoes. The vegetables may also be varied to take advantage of what is in season when you are preparing this dish.

TofuXpress

TofuXpress is not a recipe, but a product that you may find helpful in your kitchen if you are unable to find extra firm tofu in markets where you live. Many of my recipes in this newsletter and my books call for extra firm tofu so the pieces hold their shape while baking or sautéing. This works with fresh packed tofu (not silken) that you would like to use in recipes with a firmer consistency. For years I pressed water out of my tofu by using two baking dishes that fit inside of one another. I would put the tofu into the bottom dish, cover it with the second dish, and then load the top dish with the heaviest items I could find (books, canned products, etc.) to press the excess water out of the tofu. Now I just have to put the tofu into the TofuXpress, put the lid on, tighten the screw to fit the lid in place, and the water is pressed out easily. This also works on frozen (thawed) tofu and presses a great deal of water out of the previously frozen tofu. This product may be purchased through www.TofuXpress.com.