



### **Empowering Change in Early, Middle, and Late Life**

Our first book, published in 1979, was titled Making the Change. Back then Mary and I understood that health and appearance problems and solutions were dependent upon people changing how they ate. We also knew that the biggest changes would beget the biggest results. Our efforts over the past 34 years have been focused on helping people through these often-difficult changes so that they could see and feel the biggest results. The most empowering of these changes have become clear to Mary and I, and they are presented below, organized into the three overlapping stages of life: Early, Middle and Late.

Humans are naturally motivated to approach pleasure and avoid pain; but the more powerful of the two forces is the desire to avoid pain. In general, people change when the inconvenience of being fat and sick outweighs the inconvenience of taking care of themselves. Because the intensity and kind of stimuli for deriving pleasure and avoiding pain varies with age, the motivations for change also vary.

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### **Holiday Meal Planning**

**By Mary McDougall**

A Reprint from the McDougall Newsletter - October 2005

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### **Featured Recipes—The Recipe Contest Winners**

**Rockin' Moroccan Medley**

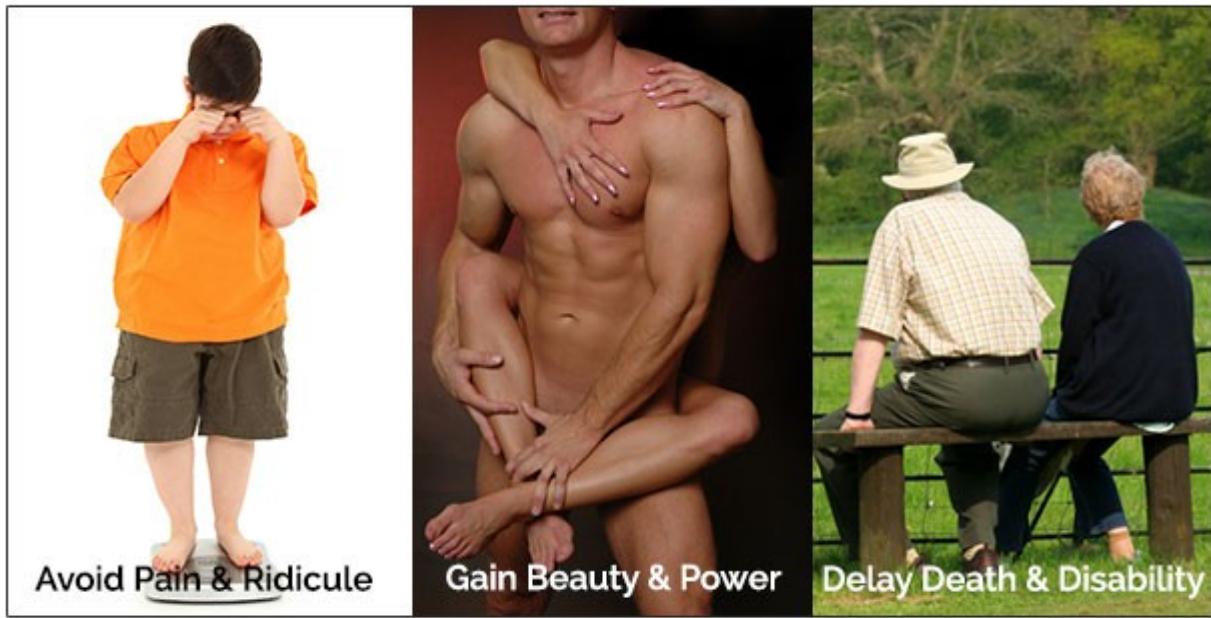
By Kim Hoffman

**Baked Ziti Casserole**

By Diane Barnett

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### The motivation during early life is to:

## Avoid Pain & Ridicule

For most children, ridicule from classmates is a common and painful experience, and their personal appearance is most often the focus of that mockery. Watch your child groom before school: every hair must in place, and one new blemish can be sufficient reason to spoil the whole day. The pain of not feeling attractive is often sufficiently embarrassing enough for change to be considered. Poor performance in the classroom and on the playing field is another common source of ridicule. Athletic abilities are a direct consequence of a child's body weight, musculature, and source of energy (their food).

Babies are born with an inherent drive to learn, and young children are naturally curious, but from birth through their high school years, they are at the mercy of their parents' decisions about food. Once children leave home (at least part time) their welfare is at the will of their own choices. Experiences during these early years form attitudes and habits that last a lifetime.

### The Top Ten Efforts to Help Children:

Recognize their pain and talk to them about it. Is your child suffering from acne, obesity, abdominal pain, or joint pain? Are they having any undue emotional distress or low self-esteem?

Parents are their children's "best examples," therefore parents must [look and feel good](#) themselves.

Parents must provide [appealing meals](#). Likely a well-seasoned minestrone soup will be better accepted than a plain baked potato.

Explain to your children that being overweight is not normal (even if 30% of his or her classmates are overweight), and that acne is not only from hormone changes accompanying puberty, but is a result of how we eat. Explain that bowel movements are not supposed to be painful and last half an hour.

Include your children in the shopping and [preparing of meals](#). Teach them how to order when they [eat out](#).

Explore your child's passions. If sports are important to them, then point out that [long-distance athletes](#) (runners, bicyclists, etc.) win because they are properly nourished with starches and not weighed down by junk food, animal food, and fat.

Bust the myth that eating [protein](#) (meat, poultry, fish, dairy, and eggs) builds muscle.

Explore other benefits to improving their personal appearance (in addition to losing excess body fat). Oily skin and [acne](#) are consequence of vegetable oils and animal fats.

[Animal suffering](#) and [environmental catastrophe](#) are topics that get children's attention even more than topics of appearance and health.

Make genuinely positive comments about your child as an individual (not how they look) and their accomplishments.

## The motivation during midlife is to: Gain Beauty & Power

Simply put, the rich western diet robs people of their beauty and power. Where have all the pretty women and handsome men gone? They've gone over to the dark side of dining. People who enhance their attractiveness by spending thousands of dollars on clothes, cars, makeup, perfumes, and plastic surgery have become unsightly—all for yellow and brown food that tastes of grease and salt, and smells repugnant. Lives are ruined by food to the same degree that lives are ruined by smoking, drinking alcohol, or becoming dependent on drugs; all destroyed by misguided choices. Too few people know that they can have all the health that money can't buy by changing how they eat.

### The Top Ten Motivators for Adults:

Sexual attractiveness depends upon your health and personal appearance. [Health is attractive](#). Natural forces for continued

existence of the individual and for species survival cause men and women to share their genetic material (eggs and sperm) with healthy mates, so as to produce the best offspring. Being overweight projects poor health, including a higher risk of heart disease, diabetes, and cancer. Physical attractiveness is more than being trim. Glowing skin results from improved circulation from a low-fat diet. Blemishes like acne, blackheads, and whiteheads are caused by an oily, animal food-based diet.

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Natural body odor should be sexually attractive, something the perfume industry has long known. The most repulsive source of [bad breath and BO](#) is animal foods.

Your attractive personal appearance and radiating health will serve as a motivation for making better food choices for your spouse, children, social contacts, and fellow workers.

Healthy eating enhances reproductive [fertility](#), in men and women.

Consuming meat and dairy foods lowers the quantity of [semen](#) and quality of sperm.

Consuming animal foods increases the risk of [birth defects](#) in offspring (for both mother and father).

America adores the slim and deplores the fat. Your chances of a successful career depend on your health and appearance. For example, obese people have less chance of attending college and even earn [lower wages](#).

Daily [physical activities and sport performance](#) is enhanced by healthy eating.

Life-shortening illnesses such as breast cancer and heart disease are the result of eating the oily animal food-based American diet.

**The motivation during late life is to:**

## Delay Death & Disability

Our "reproductive" and "productive" years are followed by our "retirement" years (mentally and physically). Our thoughts and fears turn to disability and death. One more day on the golf course or an hour playing ball with the grandchildren is worth almost any sacrifice, especially for people about to make the ultimate sacrifice. Yet people often say, "I do not fear death, I fear becoming disabled and dependent upon my children."

**The Top Ten Motivators for Seniors:**

Normal human lifespan is about 85 years. This means death from natural causes (not from wars, accidents, or illnesses) would happen at this age. Natural life is limited by the [number of times a cell](#) will divide over a lifetime. A "natural death" results from heart failure. Ideally this terminal event occurs silently during sleep, as the weakened heart backflows blood into the lung, filling them with fluid. The actual average lifespan, worldwide, is much shorter, at about [67 years](#), because of largely preventable causes.

[Heart attacks and stroke](#) are the leading cause of deaths worldwide. The [rich western diet](#) is the leading cause of death in the US.

The [average number of medications](#) consumed by the elderly range from 8 to 13. Sick people take medications. If you eat well,

and get a little careful exercise, and some sunshine, you should expect to remain drug-free for a lifetime.

Your senses of sight, hearing, smell, and taste will function for a normal lifespan (with only mild loss) by following the McDougall Diet.

[Impotence](#) (erectile dysfunction) is caused by a lack of effective circulation of blood to the penis. Loss of sexual desire and performance is not simply a result of getting older, but rather what foods we choose to eat.

Healthy women go through menopause without becoming afflicted with hot flashes, or mental and emotional sufferings. Menopause is a normal transition in life, not a disease.

Osteoporosis is a disease primarily caused by a high-animal protein diet. However, bone mineral density (BMD) reflects reproductive status more than bone health. Women in their reproductive years store about two pounds of minerals for pregnancy and lactation. Beyond menopause there is no reason to maintain this extra depot of calcium, etc. — [BMD naturally decreases](#).

[Degenerative \(old-age\) arthritis](#) is a consequence of a lifetime of malnutrition due to the western diet. Joints should remain normally formed and functional for a lifetime.

Dementia, including [Alzheimer's disease](#), is due to the western diet and aluminum poisoning. You should expect to remain mentally sharp throughout your later years.

The elderly have much to contribute to society. Unfortunately, their decades of book learning and gainful experiences in business, music, art, and politics are lost with retirement (age 65). The world cannot afford to lose two productive decades of every person's life from wrong food choices.

If you do not find the proper motivation today then there is always tomorrow. The future holds many negative stimuli for those who fail to **make the change**. The results of continuing the western diet can be best summed up as accelerated aging. Although the clock cannot be stopped, youth can be preserved. It's the food.

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## Holiday Meal Planning

### By Mary McDougall

A Reprint from the McDougall Newsletter - October 2005

This time of year, the Thanksgiving and Christmas Holidays frighten many people who eat a healthy diet. They wonder how to socialize with friends and how to prepare a meal in their home. These two days are supposed to be the largest feasts of the year. Yet in fact, both dinners are the healthiest, most vegetarian-like, most McDougall-like meals people eat all year long. Traditionally, these holiday dinners consist of mashed white potatoes, roasted sweet potatoes, a bread stuffing, butter-nut and acorn squash, cranberries, and a variety of green vegetables, including Brussels sprouts, carrots, cauliflower, and green beans. For dessert, pumpkin pie ends the feast. That's a cornucopia of starches and vegetables. The turkey served is the leanest of all common meats. The truth is that every other dinner consumed by Westerners all year long is far richer in fat, cholesterol, salt and sugar than is eaten at these two traditional festivals. Therefore, if you are a healthy eater you will find Thanksgiving and Christmas the two most comfortable times of the year to socialize with all of your family and friends. I have laid out the menu, shopping list, and time schedule so that you will be able to more easily prepare a successful meal. The starred (\*) items are ones I suggest for a basic meal plan, and then add as many more dishes as you feel your Thanksgiving

ing dinner needs to fit your celebration.

#### **MENU:**

##### **Creamy Pumpkin Soup** (newsletter October 2004)

Success Tip: Prepare this up to two days ahead without the soy milk and refrigerate. Reheat in microwave or on stovetop. Add the soy milk after the soup is heated through.

##### **Tossed Green Salad with assorted dressings**

Success Tip: Prepare dressings three to four days in advance and refrigerate. Or buy your favorite non-fat salad dressings. Buy organic baby greens in bags and toss in a bowl just before serving.

##### **\* Holiday Stuffed Pumpkin** (newsletter October 2004)

Success Tip: Buy pumpkin in October or early November for the best selection. Keep in a cool place. Buy extra pumpkins for use at other times during the winter months. Choose one of the many varieties available at this time of the year. One of my favorites is the "ghost" pumpkin with its white skin and orange flesh. The traditional pumpkin for carving a jack-o-lantern is not the tastiest choice for use as a stuffed pumpkin, although I have used them when nothing else was available. Clean the pumpkin the day before use and refrigerate, but do not stuff until just before baking. If you do not have enough room to refrigerate the cleaned pumpkin then clean it just before stuffing. Cube the bread the night before and allow it to sit out overnight so the bread dries out slightly. This step helps to make the stuffing mixture nicely moist, but not mushy.

##### **\* Mashed Potatoes** (newsletter July 2004 & October 2004)

Success Tip: Peel potatoes in the morning and store in water to cover until cooking time. Drain off all cooking water. Use a handheld electric mixer and add warmed soymilk while beating. Place mashed potatoes into a warmed bowl before serving. For garlic mashed potatoes, add some of the Elephant Garlic Spread to the potatoes while mashing.

##### **Maple Mashed Sweet Potatoes** (newsletter October 2004)

Success Tip: These may be made two days ahead of time and refrigerated in a covered casserole dish. Reheat in microwave just before serving.

##### **\* Golden Gravy** (newsletter October 2003)

Success Tip: This may be made a day ahead of time and reheated slowly on the stovetop, stirring frequently.

##### **Rich Brown Gravy** (newsletter October 2004)

Success Tip: Brown the onions and flour a day or two ahead of time, then cover and refrigerate. Finish the recipe as directed, realizing that it will take a bit more time for the liquid to heat through.

##### **Whole Wheat & Sourdough Rolls with Elephant Garlic Spread** (newsletter October 2004)

Success Tip: Order your rolls from Whole Foods or a bakery about one week early, then pick them up the day before the holiday. Make the garlic spread one or two days ahead of time and refrigerate until serving.

##### **\* Cranberry Sauce** (newsletter October 2004)

Success Tip: Make two to three days ahead of time and refrigerate until just before serving.

##### **\* Green Beans**

Success Tip: Trim beans the day before and store in the refrigerator. Wash just before steaming. I usually serve these plain with a bit of salt and pepper.



**Brussels Sprouts with Creamy Caesar Salad Dressing** (newsletter July 2003)

Success Tip: Trim these a day or two before cooking and store in the refrigerator. Wash before cooking. Most people like these best with some type of a sauce, although Heather and I like them plain with only a bit of salt. Make the dressing one to two days ahead and store in the refrigerator. Pour a small amount of the dressing over the cooked Brussels sprouts and toss just before serving.

**\* Pumpkin Pie with Vanilla Cream Sauce** (newsletter October 2003)

Success Tip: Make the pie and the sauce one day ahead and refrigerate until just before serving. We like this pie best chilled. If you like warm pumpkin pie, you will need to make this just before serving. The crust can be prepared one day early and refrigerated. Mix the filling ingredients together, cover and refrigerate overnight, then pour into the crust and bake. The vanilla sauce should be served chilled over the pie.

**Wicked Chocolate Pie** (newsletter October 2004)

Success Tip: Make this one day early and refrigerate. The toppings may be made two days ahead, if desired. This needs to be served chilled.

**SHOPPING TIPS:**

Shop for the non-perishable items about a week ahead of time. These are the canned and packaged products, such as vegetable broth, canned pumpkin, flour, silken tofu and any dried herbs and spices that you may need. Potatoes, sweet potatoes and garlic can be purchased ahead of time as long as you have a cool place to store them (not the refrigerator). Choose the menu items that you want to include for your Thanksgiving feast, then look through the recipes. Check over this shopping list as you go through the recipes, and make sure you also have the pantry items available. Shop for your perishable items no more than 2 days before the holiday, if possible.

**SHOPPING LIST**

The following shopping lists are for the complete menu above. You will have to adjust the items needed depending on what you plan to prepare.

**CANNED AND PACKAGED PRODUCTS**

These may be purchased ahead of time and stored in your pantry or refrigerator.

- 4-5 boxes (32 oz.) vegetable broth
- 2 cans (15-16 oz.) pumpkin
- 1 jar (12 oz.) applesauce
- 3 containers (32 oz.) soy or rice milk
- 1 jar (8 oz.) pure maple syrup
- 5 packages (12.3 oz.) Lite Silken Tofu-Extra Firm
- 2 cups non-dairy chocolate chips
- 1 bag (16 oz.) Sucanat
- 1 jar (16 oz.) Wonderslim Fat Replacer
- 1 bag (16 oz.) frozen raspberries
- 1 cup unsalted roasted cashews
- 1 cup sliced almonds
- 1 container (32 oz.) orange juice
- 1 jar (4 oz.) capers

**FRESH INGREDIENTS**

The first nine ingredients may be purchased ahead of time. Buy the fresh vegetables and bread products the day before, if possible.

4 onions  
1 bunch celery  
1 head garlic  
2 heads elephant garlic  
5 pounds potatoes  
3 pounds yams or sweet potatoes  
1 bag fresh cranberries  
1 small pumpkin (to serve the soup in-optional)  
1 medium-large pumpkin  
Bagged organic baby greens  
2 pounds green beans  
2 pounds Brussels sprouts  
1 large loaf whole wheat bread  
6-8 whole wheat or sourdough rolls

#### PANTRY ITEMS NEEDED

These are used in several of the recipes and are things that you probably already have in your pantry. Check over this list and purchase anything that you don't have.

Tabasco sauce  
Curry powder  
Soy sauce (at least 1 cup)  
Tahini  
Vanilla  
Whole wheat flour  
Unbleached white flour  
Cornstarch  
Salt  
Black pepper  
Golden brown sugar  
Sugar  
Dijon mustard  
Pumpkin pie spice  
Cinnamon  
Ground ginger  
Ground cloves  
Parsley flakes  
Sage  
Marjoram  
Thyme  
Bay leaves  
Poultry seasoning  
Rosemary  
Soy Parmesan cheese  
Lemon juice



**TIME SCHEDULE**

1 week ahead:

Shop for non-perishable items and some of the perishable foods listed above.  
Order rolls from bakery.

3 days ahead:

Make salad dressings.  
Make cranberry sauce.

2 days ahead:

Shop for vegetables and whole wheat bread.  
Make Creamy Pumpkin Soup.  
Bake sweet potatoes or yams and prepare Maple Mashed Sweet Potatoes.  
Make Elephant Garlic Spread.  
Make Creamy Caesar Salad Dressing.  
Make the raspberry sauce and the almond topping for the chocolate pie.

1 day ahead:

Pick up the pre-ordered rolls.  
Make the pumpkin pie and vanilla sauce.  
Make the chocolate pie.  
Trim the green beans and Brussels sprouts.  
Make the Golden Gravy.  
Partially make the brown gravy.  
Cube the bread and allow to sit out overnight

Thanksgiving  
(Morning):

Peel potatoes and place in cold water to cover.  
Clean out pumpkins.  
Make stuffing mixture and stuff pumpkin.

Thanksgiving  
(Afternoon):

Take sweet potatoes and soup out of refrigerator.  
Place pumpkin in oven and bake as directed.  
Cook potatoes and mash.  
Wash vegetables and cook.  
Finish brown gravy and slowly reheat Golden Gravy.  
Reheat mashed sweet potatoes.  
Finish soup and heat.  
Place baby greens in bowl. Serve with dressings.

Heat rolls and garlic spread.  
Don't forget the cranberry sauce.

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## Featured Recipes- Recipe Contest

Thank you to everyone that contributed to the recipe contest. Trying all of the recipes has been so much fun! But, since we received so many recipe entries, we haven't had time to try them all. We discovered there were so many favorites, it was hard to narrow it down to just a few. So, for this issue, we are including two of our favorites. Stay tuned to next month's newsletter for two additional winners.

The two winning recipes featured in this month's newsletter are easy to prepare, work great as leftovers, and sure to please the whole family. Enjoy!

### Rockin' Moroccan Medley

By Kim Hoffman

Serves: 2 – 4 people

Preparation Time: 20 minutes

Cooking Time: 30 minutes

This is a delicious one-pot meal that is also excellent the next day. Since it tends to dry out a bit, the liquid gets absorbed into the couscous, to re-heat, just use a little water or vegetable stock. To make this fat-free, simply leave out the almond butter.

- 1 medium sweet onion, chopped
- 2 cloves garlic, minced
- 1 can chickpeas, rinsed and drained
- 1 can diced tomatoes
- 2 cups butternut squash, cubed
- 1 medium, or 2 small, zucchinis, chopped
- ¼ cup almond butter
- 1 Tbs. nutritional yeast
- 1 teaspoon ground ginger
- 1 teaspoon cumin
- 1 teaspoon cinnamon
- Salt to taste
- 2 cups whole wheat Israeli couscous, cooked
- Juice of one lime



In a large non-stick pan over medium-high heat dry sauté onion until translucent and add garlic for one minute more. Stir in chickpeas, tomatoes, squash, zucchini, almond butter and spices. Cover and cook, stirring occasionally, for 30 minutes, or until squash and zucchini have softened to your liking. Remove from heat, add couscous, lime and salt to taste.

## Baked Ziti Casserole

By Diane Barnett

I use a Penne Rigate for this dish, but you can use any pasta you like. What makes this dish so easy to make is the fact that the noodles and the filling are all mixed together so you have this delicious pasta casserole without layering noodles or veggies. This is healthy, low fat and totally oil free. This tofu mix makes a delicious filling. I also use it for my lasagna in place of a ricotta filling.



1 bunch lightly steamed broccoli crowns  
 1 bunch lightly steamed asparagus cut into 1-inch pieces  
 1 medium onion, chopped  
 1 bell pepper, chopped  
 2 cups sliced mushrooms  
 8 ounces firm or extra firm tofu - not silken  
 3 tablespoons nutritional yeast flakes  
 4 tablespoons freshly squeezed lemon juice  
 2 teaspoons agave nectar  
 2 teaspoons garlic powder  
 1 ½ tsps onion powder  
 1 tsp dried basil  
 1 tsp dried oregano  
 ½ tsp salt  
 1/8 tsp pepper  
 4 cups cooked pasta  
 1 cup stemmed and chopped spinach  
 2 tablespoons chopped parsley  
 1- ½ cups bottled or homemade marinara sauce (no oil added) I often buy an oil free marinara and then tweak it with my own spices and always a splash of good balsamic vinegar to cut the acidity of the marinara sauce

Steam the asparagus and broccoli al dente, and cut into bite sized pieces and set aside. Sauté the chopped onion, and peppers in water or veggie broth until almost tender. Add the sliced mushrooms, adding more water or veggie broth to keep them from sticking.

Meanwhile drain the tofu (to get all the water out) by wrapping in a clean towel and squeezing tightly or put a heavy pan on top of the wrapped tofu and let drain a couple hours. Crumble tofu into a large bowl using your fingers. Add the nutritional yeast flakes, lemon juice, agave nectar, garlic powder, onion powder, basil, oregano, salt and pepper and mash with a fork until completely smooth.

Combine the pasta and tofu in a large bowl and add the sautéed mushrooms, onions and peppers and mix well. Add spinach and the parsley. Gently stir in the broccoli and asparagus being careful not to break it up. Make sure the mix is evenly combined. This is a heavenly combination that can be used in a variety of dishes.

Preheat oven to 375 degrees. Use a 9 inch non stick or silpat flexible square baking pan or pour some sauce in the bottom of a regular baking pan or casserole to lightly cover the bottom of the dish so the ziti mix won't stick. Place one half of the ziti mix into the prepared baking dish. Top with one half of the marinara sauce. Repeat the layering procedure with the remaining pasta mixture and marinara sauce. Bake 30 minutes or until heated through and lightly browned around the edges. Serve hot. This is really deli-

cious. Even my meat eating friends love this dish.

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