



Get Out of the Medical Business A Primary Goal of the McDougall Program

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[Read the Article](#)

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1) Eat the McDougall Diet

Sick people see doctors and stay in hospitals; healthy people do not. More than 80% of the illnesses suffered in the US and other Western countries (Europe, Australia, New Zealand, etc.) are due to eating rich foods. I have called these rich foods "[food poisons](#)." Food poisoning is also now epidemic in China, India, and many other wealthy nations. Heart disease, type

-2 diabetes, obesity, inflammatory arthritis, and common cancers are examples of the effects of consuming food poisons, namely animal foods and vegetable oils. Therefore, you can avoid problems of over-treating, called "Overkill" by Dr. Gawande, by becoming and staying healthy. Eat a starch-based diet with fruits and vegetables.

2) Do not look for "hidden disease"

Avoid screening programs intended for the early detection of cancer, heart disease (atherosclerosis), diabetes, and other common diseases. These screening programs (mammograms, PSA tests, and colonoscopies, for example) are the ultimate tools for disease mongering: turning healthy people into patients. My recommendations on cancer screening are found in my [August 2014 newsletter](#).

3) Seek medical help only when you need it

There are important purposes for medical doctors, medications, and hospitals. If I (John McDougall) become involved in an auto accident and end up in the ICU, do not bring me a bowl of mashed potatoes and raw carrots as my primary therapy. I want the medications (like antibiotics and pain relievers) and surgeries (like those needed to stop bleeding and straighten bones) to help me stay alive and begin the mending processes.

4) Learn to say "no" to doctors

I have considered having a tattoo written on my chest: "Do Not Cath—I will Sue." One of my greatest fears is that I will faint, be taken to the ER, and then be seen by the on-call cardiologist who will insist I need to have my coronary heart arteries examined. Two-thirds of people who have an angiogram (cardiac catheterization) will then have heart surgery, which could be as serious as a bypass operation, which causes no improvement in survival and permanent [brain damage](#) in most, if not all, patients who go on the "heart bypass pump."

Even if you are awake, most physicians will fail to properly inform you of the benefits and risks of heart surgery. A May 18, 2015 study in the *JAMA Internal Medicine* journal found that [only 3% of cardiologists](#) properly and completely informed patients about pending heart surgery in the process of decision making.

5) Take safety precautions

Wear your seatbelts, buy cars designed for passenger survival in a crash, take measures to avoid falls in the home and workplace, have available fire extinguishers/smoke alarms, etc. The list is certainly much longer for ideas to help protect you and your family.

The above recommendations are largely cost-free and side-effect free, but do require you to be informed and to take appropriate actions.

Important Articles I have Written about Working with the Medical Businesses:

["The Annual Physical Exam – A Ritual to Be Avoided"](#)

["How to Choose a Primary Care Doctor—If You Must"](#)

["Securing Respectful Medical Care"](#)

["Taking Advantage of the Medical Specialist"](#)

["Intensive Therapy Means You Will Die Sooner with Good Looking Numbers"](#)

["Sick People Take Medications – Healthy People Are Drug-Free"](#)

Featured Recipes

More Simple McDougall Recipes

JOHN'S FAVORITE SLOW WHITE BEANS

I always make this in a slow cooker. I put the unsoaked beans in the crockpot in the morning, add the water, turn the temperature dial to high and let them cook all day. About 2 hours before we plan to eat, I add the seasoning mixture and then stir in the spinach about 5 minutes prior to scooping the beans into large bowls for eating, usually with a fresh loaf of whole grain bread.

Preparation Time: 5 minutes

Cooking Time: 8 hours

Servings: 4-6

2 cups dried cannellini beans

6-7 cups water

½ to 1 tablespoon Kirkland Organic No-Salt Seasoning mix

10 ounces fresh baby spinach leaves

Place the beans and water in a large crockpot (slow cooker). Turn the heat to high and let the beans cook for at least 8 hours. Add the seasoning mixture about 2 hours before serving, if possible, otherwise stir in whenever you have a chance. Add the whole spinach leaves about 5 minutes before serving, stir in well, cover and let soften slightly before serving the soup.

Kirkland Seasoning mixture is sold at Costco in the spice aisle. It has a delicious combination of 21 organic spices and seasonings, without any added salt, that I use in a lot of my soups and stews.

LETTUCE & BEAN BOWL

A really fast and easy, but very filling, summer meal. Change the beans and dressing used to vary the dish whenever you wish.

Preparation Time: 10 minutes (need cooked rice)

Cooking time: none

Servings: 4

4 cups cooked brown rice (may be either hot or cold)

6 cups prepackaged lettuce greens

1 15-ounce can red beans, drained and rinsed

1 15-ounce can garbanzo beans, drained and rinsed

½ to ¾ cup oil free dressing of your choice

To serve, place about 1 cup of the rice in a large bowl. Layer about 1 ½ cups of the lettuce over the rice, then top with some of each kind of the beans. Pour dressing over the top and mix well before eating.

QUICKEST PASTA EVER

This is a fast and easy way to have an easy and delicious pasta meal on your table in hardly any time at all. Vary the sauces used to suit your family's tastes.

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Servings: 3-4

8 ounces uncooked whole grain pasta of your choice

1 15-ounce can chopped diced tomatoes, flavored or fire roasted

½ cup medium salsa of your choice

½ cup mild salsa of your choice
Strips of fresh basil, if desired

Put a large pot of water on to boil. Drop in the pasta and cook according to package directions. Drain and set aside.

Combine the remaining ingredients in a saucepan and cook until heated through, about 3 minutes. Combine the pasta and sauce together and serve at once. Season with a few strips of fresh cut basil, if desired.

This may also be made with all mild salsa instead of half medium and half mild, or if you like things spicier, then use all medium or hot salsa instead of the mild.

BREAKFAST RICE

This is a great way to use up some of the leftover rice from your dinner last night.

Preparation Time: 5 minutes (need cooked rice)

Cooking Time: 1 minute

Servings: 1

1 cup cooked brown rice

3 dates

1/3 cup water

¾ whole banana

Heat the rice in a microwave until warm (or warm in a saucepan on the stovetop). Stir and set aside. Place the dates and water in a blender jar and process briefly. Add the banana and process until smooth. Pour over the warmed rice. Note: The Apple Creame recipe from below would also work well as a topping for this rice.

Recipe and Note from Rosalyn Kalmar

I wanted to tell you how much I am enjoying the simple, easy recipes in the recent newsletters.

This morning I fixed the oatmeal-barley hot cereal. I poured "apple creame" over it. This is a simple recipe that I developed:

APPLE CREAME

1 cup non-dairy milk (I used soy)

1 small apple, with skin on (I used Gala)

Blend well together until smooth. Serve over hot cereal.

It really tastes yummy and like it is a very rich, high-fat cream. I add some vanilla to the creame or a touch of ground cinnamon to the cereal for delicious options.

BTW, I used another different technique to make the cereal rather than the microwave: Put cereal and water in a pot at night. Bring to boil. Leave on stove overnight. Then heat up the next morning. I think I learned this from you a few years ago. You do have a plan ahead a bit, but it is easy and quite tasty.

Mary says: This sounded like such a delicious idea to me for a simple recipe topping for cereal that I wanted to share it with you.