



## Is October Breast Cancer “Awareness” or “industry” Month?

October is commonly known as *Breast Cancer Awareness Month*. This is an annual international campaign organized by major charities to increase the awareness of breast cancer and to raise funds for research. A lot of awareness has been created; unfortunately the outcome has been no useful progress made in finding the cause, or for effectively preventing, treating, or curing breast cancer. The campaign's efforts have however, increased the number of women diagnosed with breast cancer primarily by encouraging mammograms, and increased the sale of powerful treatments, such as surgery, radiation, and chemotherapy. The conflicts of interest between the businesses sponsoring breast cancer awareness campaigns, while at the same time profiting from diagnosis and treatment of breast cancer, has resulted in October also being known as *Breast Cancer Industry Month*.

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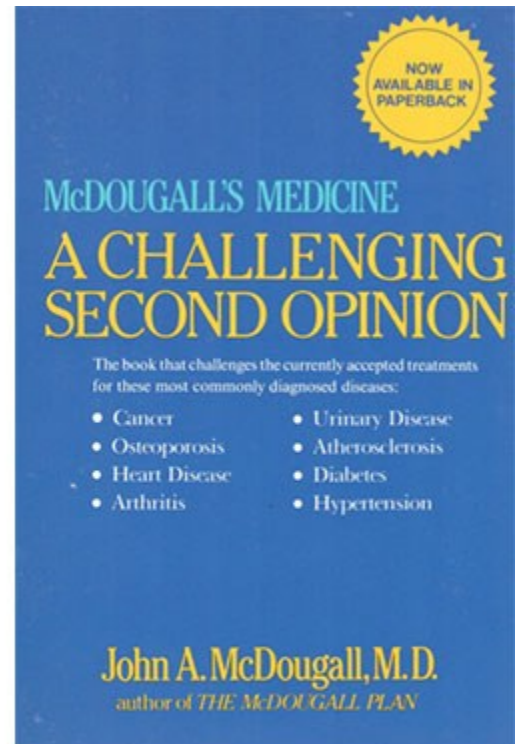
October is commonly known as "Breast Cancer Awareness Month." This is an annual, international campaign organized by major charities to increase the awareness of breast cancer and to raise funds for research. A lot of awareness has been created, but unfortunately there has been no useful progress made in finding the cause, or for effectively preventing, treating, or curing breast cancer. The campaign's efforts have, however, increased the number of women diagnosed with breast cancer, primarily by encouraging mammograms, and the use of powerful treatments, such as surgery, radiation, and chemotherapy. The conflicts of interest between businesses sponsoring breast cancer awareness campaigns while at the same time profiting from breast cancer diagnosis and treatment have resulted in October also being known as "Breast Cancer Industry Month."

The same year that the *Breast Cancer Awareness Month* campaign was founded (1985) as a team effort between the American Cancer Society and a pharmaceutical company (AstraZeneca), I wrote *McDougall's Medicine: A Challenging Second Opinion*. This book includes a comprehensive chapter on the testing and treatment of breast cancer. After reading this scientifically backed material (click the link over the book cover) you will be shocked to learn that medical doctors and scientists have known for more than 30 years about the harms that are still being done to women. Countless women have been subjected to life-damaging fear, testing, biopsies, radiation, breast amputations, drugs, and death, with little, if any, improvement in the quality or quantity of their lives. The reason this inhumanity continues is that the business of diagnosing and treating breast cancer generates a great deal of money for medical practices, far more than would be generated through alleviating women's suffering.

Three major articles that made worldwide headlines were published this year (2015) during Breast Cancer Awareness Month (October), proving that the ineffective ways women have been cared for is widely known. *McDougall's Medicine: A Challenging Second Opinion* shows you that this is old news.

The first article was published in [JAMA Oncology](#) and was a 20-year study of more than 108,000 ductal carcinoma in situ (DCIS)\* patients who had undergone treatment. The headline-grabbing news was the finding that there was no significant difference in survival among women who had a mastectomy, a lumpectomy, or a lumpectomy followed by radiation. Surgery and/or radiation do not save lives (not even for women with invasive cancer).

The second article was published in the [Journal of the American Medical Association](#) and was new advice from the American Cancer Society for when and how often women should have mammograms. This organization now recommends that most women should start annual screenings at age 45 rather than at 40, and also advises switching screening to every other year at 55. This update also recommends no routine physical breast exams to be performed by doctors, concluding that there is no evidence that these exams save lives.



>>> Read Dr. McDougall's 1985 article on breast cancer

The third study was published in the [New England Journal of Medicine](#) and found the rate of cancers that have spread beyond the breast when detected has stayed stable since 1975, meaning that mammograms are not preventing the most deadly (metastatic) forms of breast cancer.

*McDougall's Medicine: A Challenging Second Opinion* can be ordered as a [PDF](#) and found in libraries and secondhand bookstores. However, you can read this chapter on breast cancer now by clicking on the book cover above.

\*DCIS refers to the formal name, ductal carcinoma in situ. This condition is also referred to as stage 0 breast cancer. The implication is that the abnormal "cancer appearing" cells remain in the milk ducts and show no evidence of spread to other parts of the body. Because the cells have not spread, DCIS is really not cancer. Many doctors and scientists are calling for a new name for this condition in an effort to reduce the fear and over-treatment caused by the word "cancer."

## Featured Recipes



### Easy Meal Favorites by Mary McDougall

More one-pot and easy meal favorites of the McDougall family. Some of these may require a bit more work, such as cooking some pasta, brown rice or potatoes, but these are recipes I pull out over and over again to prepare for friends and family.

#### One Pot Meals

##### Potato Chowder

This is always a favorite at the McDougall Program and it is quick and easy to make as well. Buy bags of frozen, chopped hash brown potatoes (with no added oils) for really easy preparation of this delicious soup

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Servings: 4-6

4 cups vegetable broth

1 onion, chopped

2 stalks celery, chopped

1 leek, white and light green part, sliced

6 cups frozen chopped hash brown potatoes

2 cups soy, rice or almond milk

½ teaspoon sea salt (optional)

⅛ teaspoon white pepper

2 tablespoons parsley flakes

2 tablespoons dried chives

dash liquid smoke

Place ½ cup of the broth in a large soup pot with the onion, celery and leeks. Cook, stirring occasionally for 5 minutes, until softened. Add the remaining broth and the potatoes. Bring to a boil, reduce heat, cover and cook for 20 minutes. Using an immersion blender, process the soup while still in the pot. (Unless you are using a non-stick pan, then place the soup in a blender jar and process until fairly smooth. Return to pan.) Add the remaining ingredients and heat through, about 5 minutes.

### Easy Mayan Black Beans

This is one of those simple, 5 ingredient recipes that is so easy to put together, yet it has a delicious, hearty flavor. This will serve 2 people when used as a topping for baked potatoes or rolled up in a tortilla. It is also wonderful heaped into a baked tortilla boat. (See the recipe in the August 2004 newsletter for an explanation on these tortilla boats.)

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Servings: 2

1 15 ounce can black beans, drained and rinsed

1 cup fresh salsa: mild, medium, or hot

½ cup green onions, chopped

¾ cup frozen corn kernels

¼ cup chopped fresh cilantro (optional)

Place all the ingredients except the cilantro in a saucepan and bring to a gentle boil. Reduce heat, cover and cook for about 12 minutes, stirring occasionally. Stir in the cilantro, if desired, let rest for 1 minute and serve.

Hint: This also makes a wonderful topping for brown rice, or for a simple recipe variation, add about ¾ cup of

cooked brown rice to the bean mixture about 5 minutes before the end of the cooking time. This recipe adapts well to precooking: double the recipe, cook ahead of time, refrigerate half for use within the next 2 days, freezing the remainder for later use.

### Barbecued Bean Sauce

This is delicious over baked potatoes, on top of brown rice, stuffed into pita bread or just in a bowl by itself.

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Servings: 6

1 onion, chopped

1 teaspoon minced fresh garlic

⅓ cup water

1 15 ounce can fire roasted chopped tomatoes with green chilies

1 teaspoon chili powder

¼ teaspoon chipotle chili powder

¼ teaspoon ground cumin

1 15 ounce can black beans, drained and rinsed

1 15 ounce can pinto beans, drained and rinsed

1 15 ounce can white beans, drained and rinsed

1 10 ounce package frozen mixed vegetables, thawed

½ cup vegetable broth

¼ cup barbecue sauce

dash or two of hot sauce (optional)

Place the onion, garlic and water in a large pot. Cook, stirring occasionally for 5 minutes. Add tomatoes and seasonings. Mix well, then add the remaining ingredients. Cook, stirring occasionally for 15 minutes.

### Stovetop Bulgur Pilaf

This is a delicious earthy fall pilaf that would be a wonderful addition to your Thanksgiving menu.

Preparation Time: 15 minutes

Cooking Time: 1 hour

Servings: 4

1 onion, chopped

2 cups vegetable broth

½ cup white wine

½ cup uncooked wild rice

8 ounces mushrooms, sliced

½ cup uncooked bulgur

½ cup chopped green pepper

½ cup chopped red pepper

1 tablespoon soy sauce

¼ teaspoon crushed red pepper

freshly ground black pepper

½ cup chopped fresh flat leaf parsley

Place the onion in a large non-stick pot with 1 tablespoon of the vegetable broth. Cook, stirring frequently, until the onion turns a slight golden color. Add the remaining broth, the wine and the wild rice. Bring to a boil, reduce heat, cover and cook for 30 minutes. Add the mushrooms, bulgur, peppers, soy sauce, crushed red pepper and several twists of freshly ground black pepper. Mix well, cover and continue to cook for an additional 25 minutes, until grains are tender and most of the liquid is absorbed. Stir in parsley and serve.

### Curried Yam Stew

This one pot meal contains many of my favorite foods; garbanzos, spinach and yams. It is easy to prepare, cooks quickly and tastes delicious.

Preparation Time: 15 minutes

Cooking time: 20 minutes

Servings: 4

4 cups peeled and diced garnet yams  
1 15 ounce can diced tomatoes  
1 15 ounce can garbanzo beans, drained and rinsed  
¼ cup vegetable broth  
2 teaspoons curry powder  
½ teaspoon ground cumin  
¼ teaspoon ground coriander  
¼ teaspoon cinnamon  
4 green onions, chopped  
¼ cup chopped fresh cilantro  
4 cups packed fresh baby spinach leaves

Place the yams, tomatoes, garbanzo beans and broth in a large pot. Bring to a boil, reduce heat, cover and cook, stirring occasionally for 15 minutes, until yams are just tender. Add the remaining ingredients, except for the spinach leaves and mix well. Place the spinach leaves on top of the stew, cover and steam for 1 minute or so, then stir the leaves into the stew. Continue to cook, stirring frequently for 4 minutes longer. Serve at once.

## Two Pot Meals

### Peppered Kale & Potatoes

I grew so much kale in my garden this year, which I have been using in many new ways. Kale is a very nutritious vegetable, loaded with phytonutrients. This is delicious, healthy, and quick to put together which makes it a favorite lunch time dish. I even like this for breakfast! We like this with Sriracha red chili sauce over the top for even more heat.

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Servings: 2

2 cups red fingerling potatoes, chunked  
1 onion, chopped  
2 cloves garlic, minced  
2 portobello mushrooms, coarsely chopped  
4 cups packed, coarsely chopped dinosaur kale  
1 tablespoon soy sauce  
1 teaspoon chili paste  
freshly ground black pepper to taste

Place the potatoes in water to cover, bring to a boil, reduce heat and cook until fairly tender, about 8-10 minutes. Drain and set aside.

Meanwhile, place the onion, garlic and mushrooms in a large nonstick sauté pan or wok. Do not add any liquid. Dry fry over medium heat, stirring frequently, for about 5-6 minutes, until onions and mushrooms are fairly tender. Add the kale and stir gently to combine. Continue to cook, stirring frequently for about 2 minutes, then add the potatoes. Cook, stirring occasionally for 5 minutes, then add the soy sauce, chili paste and pepper. Cook an additional 5 minutes, until kale is tender and potatoes are somewhat browned. Serve warm.

Hints: Small red potatoes may be substituted for the fingerlings, if desired. If you can't get dinosaur kale (also called Lacinato Blue), use regular kale, but remove the stems first.

### Costa Rican Potatoes and Beans

Preparation Time: 30 minutes (need cooked potatoes)

Cooking Time: 30 minutes

Servings: 4

½ to 1 cup vegetable broth  
1 onion, chopped



½ teaspoon minced fresh garlic  
1 jalapeno pepper, seeded and minced  
2 ½ cups chopped fresh tomatoes  
¼ cup chopped fresh cilantro  
several twists freshly ground black pepper  
4 cups packed chopped spinach  
3 cups chunked cooked potatoes  
1 15 ounce can black beans, drained and rinsed  
hot sauce

Place ½ cup of the vegetable broth in a large non-stick frying pan. Add the onion, garlic and jalapeno. Cook over medium heat, stirring frequently, until vegetables are very soft, adding the rest of the vegetable broth if necessary. Add tomatoes, cilantro and black pepper. Cook, uncovered over low heat, stirring occasionally, for 15 minutes.

Meanwhile, drop the spinach into boiling water for 1 minute. Drain and set aside.

Add potatoes and beans to tomato mixture. Mix well and cook for 3 minutes. Add spinach and cook for another minute. Season to taste with hot sauce.

Serve hot or cold.

### Red Bean Gumbo

Preparation Time: 20 minutes, cooked rice needed

Cooking Time: 30 minutes

Servings: 6-8

1/2 cup water  
1 onion, chopped  
1 green bell pepper, chopped

1 stalk celery, chopped  
1 teaspoon minced fresh garlic  
6 cups vegetable broth  
1 14.5 ounce can Cajun-style stewed tomatoes  
1 8 ounce can tomato sauce  
1 1/2 teaspoons ground oregano  
1 bay leaf  
1/4 teaspoon crushed red pepper  
several twists of fresh ground pepper  
1 15 ounce can kidney beans, drained and rinsed  
1 15 ounce can red beans, drained and rinsed  
4 cups chopped greens (kale, chard, spinach, etc.)  
1/4 cup chopped parsley  
2-4 cups hot brown basmati or jasmine rice

Place the water, onion, bell pepper, celery and garlic in a large pot. Cook, stirring occasionally, for 5 minutes. Add vegetable broth, tomatoes, tomato sauce and seasonings. Bring to a boil, cover and cook over low heat for 15 minutes. Add beans and greens (not parsley) and cook an additional 10 minutes. Stir in parsley.

To serve, place 1/2 cup of the rice in the bottom of a soup bowl. Ladle gumbo over the rice and mix well before eating.

### Mexican Picadillo Wraps

Wraps are a simple, yet hearty meal for lunch or dinner. These are especially quick because they make use of canned beans and leftover rice.

Preparation Time: 15 minutes

Cooking Time: 44 minutes

Servings: 8-10

½ cup water  
1 onion, chopped  
1 red bell pepper, chopped  
1 teaspoon minced garlic  
2 15 ounce cans pinto beans, drained and rinsed  
1 14.5 ounce can fire-roasted chopped tomatoes  
1 4 ounce can diced green chilies  
1 tart green apple, cored and chopped  
freshly ground black pepper  
2 cups cooked long grain brown rice  
½ cup raisins  
1 2.2 ounce can sliced black olives, drained  
¼ cup chopped fresh cilantro  
2 tablespoons toasted slivered almonds (optional)

Place the water into a large pot. Add the onion, bell pepper and garlic. Cook, stirring occasionally until onion softens slightly, about 5 minutes. Add the beans, tomatoes, green chilies, apple and several twists freshly ground black pepper. Bring to a boil, reduce heat, cover and cook for 20 minutes on low. Add the remaining ingredients, mix well and cook for 5 minutes until heated through. Serve rolled up in a tortilla with some hot sauce sprinkled over the top, if desired.

Hints: To toast the almonds, cook and stir in a dry non-stick pan until golden in color.

This may also be made with black beans, or one can of pinto and one can of black.

### Global Bean Stew

Servings: 6

Preparation Time: 25 minutes

Cooking Time: 60 minutes

3 cups vegetable broth

1 onion, chopped  
2 stalks celery, chopped  
2 carrots, chopped  
1 green bell pepper, chopped  
1 red bell pepper, chopped  
3 cloves garlic, minced  
2 cups baby potatoes, chunked  
2 15 ounce cans white cannellini beans, drained and rinsed  
1 8 ounce can tomato sauce  
1 ½ cups prepared hummus  
1 ½ tablespoons parsley flakes  
1 ½ tablespoons soy sauce  
1 teaspoon basil  
½ teaspoon oregano  
½ teaspoon smoked paprika  
1/8 to ¼ teaspoon crushed red pepper  
½ cup cooked quinoa  
1 ½ cups thinly sliced fresh spinach

Place ½ cup of the broth in a large pot. Add onion, celery, carrot, bell pepper and garlic. Cook, stirring occasionally, for 10 minutes. Add remaining broth, potatoes and beans. Bring to a boil, cover, reduce heat and cook for 30 minutes. Add tomato sauce, hummus and seasonings. Cook an additional 10 minutes. Add cooked quinoa, mix well and cook for 5 minutes. Stir in spinach and cook an additional 2 minutes.

Hints: This may be made with other cooked grains, such as bulgur, kasha, millet, rice or even whole wheat couscous (which is not a grain, but a pasta). Most natural food stores sell prepared low-fat hummus or you can easily make your own by pureeing cooked garbanzo beans with a small amount of broth, garlic and salt. This may also be made with garbanzo beans instead of the white beans. If you can't find baby potatoes, use larger red potatoes and chop them into bite-sized chunks. If you want to use chard or kale instead of the spinach, it will need to cook about 5 additional minutes.

Thai Green Curry Rice

This rice dish is made with a Thai green curry paste that is sold in Asian markets, natural food stores and some supermarkets. To vary this recipe, try making it with red curry paste instead of the green curry paste.

Preparation Time: 20 minutes (cooked rice needed)

Cooking Time: 12 minutes

Servings: 4

½ cup vegetable broth

1 onion, chopped

1 red bell pepper, chopped

1 yellow bell pepper, chopped

2 cloves garlic, minced

1-2 tablespoons green curry paste

2 cups chopped Napa cabbage

1 cup broccoli florets

1 cup cauliflower florets

1 cup snap peas

1 tablespoon soy sauce

4 cups cooked long grain brown rice

1 tomato, chopped

1 tablespoon chopped fresh Thai basil

1 tablespoon chopped fresh cilantro

1 cup almond milk or rice milk mixed with 1 teaspoon coconut extract

Place the broth in a large pot along with the onion, bell peppers and garlic. Cook, stirring occasionally, for 5 minutes. Stir in the curry paste. Add the cabbage, broccoli, cauliflower, peas and soy sauce. Mix well, cover and cook for about 5 minutes, until vegetables are tender. Add the remaining ingredients, mix well and cook until heated through, about 2-3 minutes.

Hint: Curry pastes are quite spicy so you may want to start out with the smaller amount and add more to taste. If you can't find fresh Thai basil, just use the fresh basil found in the produce department of your supermarket. For a very colorful variation, use cooked Thai purple rice in place of the cooked brown rice. Coconut extract in rice or almond milk makes a wonderful substitution for coconut milk in recipes.