



Henry Heimlich, MD: Simply Genius

Throughout Dr. Henry Heimlich's seventy-year career, he was dedicated to finding simple solutions to complex problems affecting human health. History will remember him as the most impactful medical pioneer of the 20th century. He passed away this month, December 17, 2016, at age 96. Norman Vincent Peale, famed proponent of *The Power of Positive Thinking*, recognized that Dr. Heimlich "saved the lives of more human beings than any other person living today." Credit for his humanitarian work is largely due to his invention of the Heimlich Maneuver for choking and near drowning victims, and the Heimlich Chest Valve for treating open chest wounds, most frequently occurring on war-torn battlefields.

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The star attraction for my February 2005 Advanced Study Weekend was Dr. Henry Heimlich. Many of you will recognize Tiffany Hobson, Operations Manager for the McDougall Program, experiencing the maneuver with Dr. Heimlich."

A Life of Dispute for Providing Correct Information

Heimlich's life was surrounded by controversy, especially from 1976 to 1985 when his staunch disagreements with the American Heart Association and the American Red Cross were well publicized. Both of these organizations taught rescuers to first perform a series of "back blows" to remove a "foreign body airway obstruction." Unfortunately, back blows, which are still being recommended by these

organizations, cause the breath-stopping materials to become more deeply lodged in the throat and forced further down into the windpipe (trachea).



[Play Video](#)

Henry Heimlich appeared on my syndicated TV show, McDougall, MD in 1999. (Mary McDonough, my co-host, is remembered for her role in the TV show, *The Waltons*.)

Until recently the Heimlich Maneuver was also taught to lifeguards and the public as the first-line treatment in near drowning. To save a life water must first be removed from the lungs, which is accomplished by the Maneuver. Obviously, CPR or any other forced respiratory effort cannot move air into water-filled lungs. Unfortunately, since 2005 the drowning rescue guidelines of the American Heart Association do not include citations of Heimlich's work, and warn against the use of the Heimlich maneuver for drowning rescue as unproven and dangerous due to its risk of vomiting, leading to aspiration. Heimlich vehemently (and correctly) **disagrees**.

I asked Dr. Heimlich why there was so much heated opposition to his cost-free, non-invasive, highly effective Maneuver, which requires nothing more than simple

instructions and the strength of the rescuer's arms? He explained to me that accepting the Heimlich approach would make them (the AHA and Red Cross) admit that their recommendation for back blows was useless and actually dangerous. In my opinion (Dr. McDougall), this case is an instructive example of egos harming the public—a problem shared with most other medically accepted treatments that are used every day, related to [heart surgery](#), [cancer](#), and [diabetes](#). Money, of course, is the primary motivation for wrongdoers. To learn more about Dr. Heimlich, read my [July/August 1998 interview](#) and listen to my 1991 [radio interview](#) with him.

Dr. Heimlich Attends The McDougall Program

One of my greatest honors in life was when the man who saved so many human lives came to me for help after becoming ill. Dr. Henry Heimlich attended the McDougall Program at St. Helena Hospital in Napa Valley, California from April 26, 1992 to May 8, 1992. The McDougall Program, I believe, contributed positively to the great health he experienced during the following 25 years of his life.

In the course of our friendship he passed on to me many words of wisdom. For example, at this time in 1992, I was considering doing an infomercial to sell my ideas. The product to be sold was a cassette of audiotapes and several small books advertised in a half-hour TV show. But I hesitated, feeling that such a commercial venture by a respectable physician would be too unconventional. Back then any public advertising by physicians and hospitals was considered unethical. I wondered if doing an infomercial would ruin my reputation (as if most of my colleagues had any respect for me then or now).

I discussed this dilemma with Dr. Heimlich. His response was: "John, you will have to run around them (referring to my colleagues) because they are never going to give you the stage." That advice sent me on to produce the 12th most successful infomercial at that time.

The world has lost a pioneer and I have lost a mentor and friend. Even though in the US, political forces have attempted to minimize Dr. Heimlich's, cost-free, profit-free, lifesaving methods and diminish his reputation, most countries still teach the Heimlich Maneuver as true First-Aid and the most effective means to save lives.

A Brief Record of Dr. Heimlich's Contributions

During World War II Dr. Heimlich developed an effective treatment for trachoma victims (a previously incurable infection of the eye that can lead to blindness).

In 1957, he performed the reversed gastric tube operation, the "Heimlich Operation," which replaces a damaged or defective esophagus using a tube made from the patient's stomach, making it possible for people with severe esophageal damage to swallow food.

In 1968, he designed a flutter valve, the "Heimlich Chest Drain Valve," used worldwide mostly for military soldiers shot in the chest. More than four million Heimlich Chest Drain Valves have been sold. This valve is similar to the "fart whistles" my grandchildren play with. Once the Heimlich Valve is inserted through the chest wall, air goes out the rubber flapper valve with each breath; the rubber valve then collapses, allowing for inflation of the lungs. Its simplicity allows an immediate lifesaving remedy to be performed on the battlefield, far from any hospital.

In 1974, he developed a method that allowed air trapped in the lungs to be used to expel an object from the victim's airway—a method that came to be known as the "Heimlich Maneuver." At that time nearly 4,000 Americans died annually from choking on food, a condition labeled a "café coronary" because it was due, in most cases, to meat becoming lodged in the airway. The Maneuver has saved countless lives, including celebrities such as President Ronald Reagan, Elizabeth Taylor, Goldie Hawn, Jack Lemmon, Cher, Nicole Kidman, and Halle Berry, sportscaster Dick Vitale, former New York Mayor Ed Koch, and news anchorman John Chancellor. Conservative estimates are that at least 100,000 people in the United States alone have been saved by this simple procedure. In 2003 Dr. Heimlich used his famous maneuver for the first time on a man choking in a restaurant. The second time was on May 23, 2016, almost 42 years after his work was published, when he successfully performed his Maneuver on a fellow resident of his senior living community in Cincinnati, Ohio. The Maneuver is also essential for removing water from the lungs of a drowning victim.

In 1980, Dr. Heimlich invented the "MicroTrach," a portable oxygen delivery system.

In the April 26, 1990 issue of the *New England Journal of Medicine* he recommended "malariotherapy" for incurable patients, such as those with late-stage Lyme disease. In order to create a heightened immune system response, patients were deliberately infected with an easily curable form of malaria. Preliminary research was also done with HIV and cancer patients. Whether or not this approach is effective will likely never be known because it competes with highly profitable standard medical treatments.

Featured Recipes

I imagine many of you received an InstantPot for the Holidays and are wondering where to start.



I received one last year and I'm still discovering the things that it can do. To be honest, the buttons I use most are [Manual] and [-] or [+], and you can tell by how worn they are, but that's ok, it gets the job done. I've included a couple of my very simple, almost daily recipes for this amazing appliance to get you started. I think one of the nicest things about the InstantPot, is that you can just push a button, or two, and leave. When it is done cooking it will keep things warm for up to 12 hours.

Please note, I have found that virtually anything that can be made in a regular pot can be made in an InstantPot, but in less time. Soups taste like they have been cooking all day, the same is true for beans. Try any of your favorite recipes. The possibilities are endless. I like to go online to get ideas. Just type in "plant-based instant pot recipes" and see where it takes you. Of course, some recipes will need to be adapted to fit our guidelines but many will not and may quickly become some of your favorite meals.

The recipes listed below I make fairly often. I also make rice and oatmeal in my InstantPot almost daily. I just add ingredients according to package directions and push the correct button on the InstantPot. It's really that easy. [Amazon](#) and other vendors sell the InstantPot.

I've also included a black-eyed pea recipe in honor of the New Year.
Happy New Year everyone! I hope this is your best year yet!

Heather McDougall

Mashed Potatoes

We use Russet potatoes, but any potato works well.
Serve with Creamy Golden Gravy listed below.
Delicious and fast!



Serves: 4

Preparation Time: 15 minutes

Cooking Time: 8 minutes at high pressure

4-6 medium to large potatoes, peeled and cubed into 1-inch pieces

2 - 3 cloves garlic, whole

1 cup water

½ cup non-dairy milk, optional

Salt and pepper, optional

Put everything into the InstantPot and push [Manual], then the [-] button until it reaches 8 minutes. Make sure the steam release valve is on "Steam". Once the 8 minutes are up, let the potatoes sit for 5 minutes, then move the steam release valve to "Vent" until the pressure releases. Once the pressure is released you can open the pot. It will not let you open the top until the pressure is released and it is safe to do so.

Mash potatoes with a masher, add non-dairy milk, if using, and seasonings to taste.

Creamy Golden Gravy

This gravy is made with brown rice flour instead of wheat flour. The great thing about using rice flour instead of wheat flour for thickening is that it doesn't form lumps like wheat flour often does. You can just sprinkle it over the top of a hot

liquid, stir it in and it thickens nicely without any lumps, or mix it in before cooking and stir occasionally until thickened.

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Servings: makes 2 cups

2 cups vegetable broth

3 tablespoons low sodium soy sauce

2 tablespoons tahini

¼ cup brown rice flour

freshly ground black pepper

dash or two of Sriracha, if desired

Place the broth into a saucepan. Add the soy sauce and tahini to the saucepan. Stir in the brown rice flour and whisk until liquid is smooth. Bring to a boil, stirring occasionally until sauce becomes thickened and smooth. Season with freshly ground black pepper to taste. Add a dash or two of any hot sauce for more flavor, if desired. Serve at once.

Hints: This may be made ahead and refrigerated. It will thicken slightly more when refrigerated. To reheat, place in a saucepan, add a small amount of water, whisk to combine and then heat slowly, stirring occasionally, until hot.

Vegetable Stock

This is something that I never made, until I got my InstantPot, now it just takes minutes. A trick I learned years ago, since I never have enough vegetable scraps on hand to make a stock, is to start a freezer bag of stock scraps. I always have a large container, or bag, in the freezer full of celery ends, carrot peels, onion skins,

mushroom stems, fennel ends, etc, so that when I have enough I can quickly make stock.

Serves: Makes 6-8 cups

Preparation Time: 5 minutes

Cooking Time: 5 minutes at high pressure, natural release

3 cups vegetable stems, skins, ends, etc. (I like carrot, onion and celery)

2 bay leaves

5-8 whole peppercorns

6 cups water

Put everything into the InstantPot and push [Manual], then the [-] button until it reaches 5 minutes. Make sure the steam release valve is on "Steam". Once the time is up move the steam release valve to "Vent" until the pressure releases, or if you have the time just let it come down in pressure on its own. Store in large glass containers in the fridge for 4-5 days, or freeze for later use.

Updated Kitchen Sink Soup - *Adapted for the InstantPot*

When made in the InstantPot, this soup tastes like it's been cooking all day.

Preparation Time: 15 minutes

Cooking Time: 12 minutes at high pressure

Servings: 6-8

4 cups vegetable broth

2 cups water

1 onion, chopped

1 carrot, sliced

1 stalk celery, diced
3 cups cooked white cannellini or navy beans
1 can fire roasted red tomatoes
2 cups chopped kale
juice of one lemon
salt and pepper to taste

Add all of the ingredients, except kale and lemon juice, into the InstantPot and push [Manual], then the [-] button until it reaches 12 minutes. Make sure the steam release valve is on "Steam". Let the pressure come down on its own. With a bean masher or a hand held blender push through the soup to create a thicker consistency, about 10 mashes or blends. Add the kale and let sit for about 10 minutes more. Add lemon juice and salt and pepper to taste.

Black-eyed Peas and Collard Greens, New Orleans Style

By Tiffany Hobson, Operations Manager for McDougall Wellness



This traditional dish is served in New Orleans every year on New Year's Day. The greens represent money, while the swelling of the black-eyed peas symbolizes prosperity. Whether you are celebrating a New Year, needing some extra luck, or just want to eat some really good home style cooked food, I hope you enjoy this as much as I do.

Black-eyed Peas

Preparation Time: 35 minutes

Cooking Time: 1 ½ - 2 hours

Servings: 6-8

1 white onion, finely diced

5 large garlic cloves, minced

4 stalks of celery, finely diced

1 red bell pepper, finely diced

3 bay leaves

2 tablespoons powdered thyme

½ - 1 teaspoon cayenne pepper

2 - 2 ¼ cups black-eyed peas

6-8 cups vegetable broth

Freshly ground black pepper to taste

Sea salt to taste

Rice

Preparation Time: 1 minute

Cooking Time: 20-30 minutes

Servings: 6-8

2 cups of white Jasmine rice (traditional) or brown Basmati (healthier)

4 cups vegetable broth

1 bunch of green onions, cut finely

If you have a rice cooker: place the rice and broth in the rice cooker and turn it on. It will work its own magic and let you know when it is done. Stir the rice immediately. If you do not have a rice cooker, place the rice and broth in a medium saucepan, bring to a boil and cook until rice is tender and liquid has been absorbed.

Serve the rice with the green onions on top alongside the black-eyed peas and collard greens.

Collard Greens

Preparation Time: 10 minutes

Cooking Time: 10-15 minutes

Servings: 6-8

2 white onions, chopped

4 bunches collard greens, stripped from stems and cut into large pieces

4 tablespoons apple cider vinegar (or to taste)

2 teaspoons brown sugar (or to taste)

In a large non-stick pan, cook the onions covered over low heat, stirring frequently. Onions should cook until they are caramelized (very brown and sticky). Add 2 tablespoons of the apple cider vinegar and 1 teaspoon of brown sugar. Mix well. Add the collard greens, 2 more tablespoons of apple cider vinegar and 1 more teaspoon of brown sugar. Mix well. Cook covered for 1 ½ - 2 minutes. Adjust the flavor of the collard greens if necessary (you do not want them sickly sweet, nor do you want them extremely sour). The flavor should be a perfect balance of a touch of sweetness, with a hint of sour flavor. Serve with black-eyed peas and rice.

First, sort through the black-eyed peas, making sure you have taken out any peas that are discolored or broken. Set aside. Place 1 cup of vegetable broth with the onion, garlic, celery and red bell pepper in a large pot. Cook over medium high heat for 5-10 minutes, stirring frequently. Once the vegetables become soft, add the bay leaves, thyme, cayenne and several twists of freshly ground black pepper. Mix well. Add black-eyed peas and the rest of the vegetable broth, mixing well. Bring to a

boil, reduce heat and simmer for 1 ½ - 2 hours with the lid slightly ajar. Beans will have a creamy consistency. Serve with rice and collard greens.