



INFORMATION FOR YOUR HEALTH

WHAT YOU EAT AFFECTS YOUR EMOTIONS

Do you have a child that can't seem to sit still? Hyperactive?

Are you living with a depressed spouse and you see no reason he or she should be so miserable?

Do you find your moods everchanging and out of your control?

The dietary choices you are making can have a noticeable impact upon your daily behavior. Some of these reactions are quite well recognized and obvious to the consumer, while others are subtle; still many others are yet to be discovered by investigative scientists.

POWERFUL MODIFIERS OF BEHAVIOR

Very dramatic examples of the behavioral changes resulting from things you take in are the familiar effects of alcohol and caffeine. Alcohol is a depressant, even though the first symptoms of intoxication may be a mood elevation. Caffeine, for most people, is a mood elevator, which can soon lead to uncomfortable anxiety. This anxiety may be particularly noticeable to you in stressful situations. For example, when giving a presentation in front of a group you may find yourself suffering from greater "stage fright" after consuming a cup of coffee. The stimulation from caffeine may carry over into the night and result in insomnia. Very sensitive individuals may find as little as one cup of coffee in the morning is enough to disturb their sleep.

Withdrawal is another problem facing people who consume caffeine everyday. Withdrawal symptoms can occur during the afternoon or on weekends when the amount consumed is decreased, as well as when someone stops consuming this stimulant altogether. Withdrawal from this addictive drug causes headaches and depression in many people. For those who quit using caffeine these uncomfortable symptoms only last a few days.

SUBTLE BEHAVIOR MODIFIERS

Protein:

The small molecules that make up our foods known as nutrients affect our behavior. Dietary intake of components of proteins called amino acids affect the synthesis and release of active chemical substances called neurotransmitters in the brain and thereby change the way the brain functions.

Probably the best studied example of a "behavior modifying" substance in our food is tryptophan. Tryptophan is an essential amino acid that our bodies can not synthesize and therefore, it must be obtained from our diet. This amino acid is

converted into serotonin, a powerful brain chemical. Serotonin dampens overactiveness to various stimuli from smell, taste, vision and social interactions that come into the brain. Thereby sleep, sexual behavior, aggressiveness, activity, perception (including pain) and mood are affected. Tryptophan taken as pills has been used to reverse insomnia, muscle spasms, and in some cases relieve depression.

The amount of tryptophan in the food has only a small influence upon the amount of tryptophan that enters the brain. The most important factor determining the total amount of tryptophan that enters the brain is the concentration of other large amino acids also present in the blood. Large amino acids, including tryptophan, compete with each other to enter "gates" between the blood stream and the brain fluids. A high-protein meal (meat, dairy, eggs) provides many other amino acids that compete with tryptophan for entry into the brain; the end result is less tryptophan entering the brain and a decrease in the synthesis of serotonin. Conversely, a low-protein, carbohydrate-rich diet (starches, vegetables, fruits) results in the highest levels of serotonin in the brain, because there are fewer amino acids competing with tryptophan to enter the brain. For you this means less hyperactivity and insomnia by eating a healthier diet.

Fats:

People on high fat diets have higher levels of reproductive hormones, including estrogens, testosterone and prolactin in their body than people following low fat diets. Premenstrual Syndrome is one name for the disturbing behavioral changes many women relate to their imbalance of hormones. One very common way the high-fat American diet effects behavior is seen in our preteens and early teenagers. Children are confronted with sexual drives and functions four years earlier when they are raised on a diet high in fat compared to those children raised on a low-fat diet. And you wonder why there is so much trouble in our school systems these days. Lowering the fat intake quickly decreases the levels of these hormones in the body; for example, estrogens fall by approximately one-third in only a few weeks following a change to a healthier diet.

Allergic Reactions:

Anxiety, depression and fatigue are caused in some people by allergic reactions to foods. The most common cause of food allergy is dairy products, followed by eggs. Many other foods can adversely affect behavior by causing allergy, including wheat, corn, citrus fruits, and almost any other food. These reactions are often subtle and difficult to recognize until the offending foods are eliminated, and an adverse reaction occurs when rechallenging with the suspect food.

A serious psychiatric disease caused by foods in some people is schizophrenia. In hospital-based studies, people have been identified who react with dramatic behavioral changes to milk products and high-gluten foods (wheat, barley and rye). Some people with schizophrenia have actually been cured of their disease by a change in their diet.

BEHAVIORAL CONTROL WITH EVERY BITE

Before looking to medications (doctor prescribed or over the counter) to help you with your feelings, consider the coffee, alcohol and food choices you are making. Also the medications you may be taking may be causing changes in your behavior. High blood pressure medications (B-blockers), birth control pills, tranquilizers and almost any other medication should be suspected. Add daily exercise with its many positive effects on the way you feel mentally and emotionally to good eating habits to gain more control over your life without added costs or side effects.

MEDICAL RESEARCH

PROGRESS AGAINST CANCER? by John Bailar III and Elaine Smith from the Harvard School of Public Health (New Engl J Med 314:1226, 1986). This study assessed the overall progress against cancer during the years 1950 to 1982 in the United States. The (age-adjusted) death rate from cancer increased by 8.7% during this 32-year period. According to these investigators we are losing the war on cancer, notwithstanding progress against several forms of uncommon cancer. They recommend a shift in research emphasis, from research on treatment to research on prevention to make progress against cancer.

COMMENT: For you this study means that the present approaches to cancer emphasizing early detection and treatment will make little difference for you and your family (for over 80% of the cancers.) Once you stop living in a world of hopes and dreams, you do have an effective means to make a difference—prevention. We know how to prevent cancer—eat a low-fat vegetarian diet, don't smoke, and limit alcohol. The cure for cancer is not "just around the corner," no matter how appealing this thought may be. This dream is kept alive by organizations that solicit funds from you to help "win the war."

NEUROLOGIC CORRELATIONS OF CORONARY ARTERY BYPASS SURGERY: SIX MONTHS FOLLOW-UP STUDY by Pamela Shaw (BR Med J 293:165, 1986). This study from England originally reported that 61% of the patients who underwent bypass surgery showed signs of brain injury detectable on physical examination during the first week after the operation. This follow-up study reports that after six months over half of the original 61% still show signs of brain damage.

COMMENT: For you this study points out a hazard of the heart bypass operation that is rarely discussed with the patient before surgery. This brain damage is subtle and recognized mostly by those people closest to the patient; family and friends. The patient can't remember names and numbers as well as before surgery, personality changes and sleep disturbances are common. While the patient can drive a car and mow the law, these deficiencies in brain function become particularly important for those people who still must compete with their colleagues in the marketplace. The heart-lung machine appears to be the cause of the brain injury by causing damage to blood elements, introducing toxic gasses, fat globules, and plastic parts into the blood stream. All of this debris reenters the body and clogs up the small blood vessels, depriving the tissues of oxygen and other nutrients, and thereby causing damage. If heart victims were informed of a few easy to verify facts such as:

- bypass surgery does not save lives in most cases

- bypass surgery is done in most cases to relieve chest pain, not controlled by medication
 - a change in diet and lifestyle has been shown to result in a 91% reduction in chest pain episodes (the reason for bypass) in 24 days
 - there is a potential for life threatening complications, as well as a high risk of permanent brain damage
- fewer patients would buy this operation.

PATIENT PROFILE



Janet Ishikawa PhD

- Mrs. Ishikawa is a 60 year old Japanese Clinical Psychologist, who suffered the misery of rheumatoid arthritis for more than two years. The reason she is free of her disease today is she refused to accept the message all of her doctors gave her, "you'll have to learn to live with your disease." Because of her persistence she managed to see many doctors and eventually obtained a referral to my office (for many patients this is the last corner in town.)
- Two years ago Mrs. Ishikawa developed pain in her knees. She saw an orthopedic surgeon who prescribed special shoes. In January 1986 the arthritis became much more severe and moved into her wrists, fingers, and shoulders. She watched as one finger joint after another became hot, red and swollen to almost twice their normal size. Her joints were stiffened to the point where they were almost useless. A diagnosis of rheumatoid arthritis (with a positive rheumatoid test and a corrected sedimentation rate elevated to 37 mm, normal 10 mm.) The numerous doctors she saw gave her steroid shots, Aspirin, Indocin, Naprosyn, Clinoril, Plaquenil as well as other drugs with no appreciable benefit.
- On June 18th, 1986 I saw Mrs. Ishikawa and she was started on a low fat, animal product-free starch-based diet. I also excluded wheat from her diet, because some people have allergic-type arthritis reactions from wheat products. On her next visit, one week later, she had noticeable improvement in the swelling of her joints and greater movement. Three weeks after changing her diet she had almost full use of her hands with almost no pain.
- One evening she decided to break her strict home-prepared dietary routine and went to a Chinese restaurant known for preparing low-fat vegetarian dishes. Apparently all the ingredients didn't agree with Mrs. Ishikawa. The next day her right knee was hot, red and swollen, and the left knee was close behind with symptom development. Since that time she has been careful to avoid any suspect foods.
- On September 5th, 1986 Mrs. Ishikawa was seen at my office. She had full range of motion of her joints without pain. She did describe a little aching in her upper arms. Some of the swelling persisted in a couple of her finger joints, but there was none of the inflamed redness and severe pain that had been with her every day. Her sedimentation rate was down to 12mm (from 37mm.) Her cholesterol had also fallen from 198 to 167 and she lost 10 lbs over these three months. Incidentally, on the same day she had a chance to be seen by her rheumatologist (arthritis specialist)—he had no comment.

COMMENT: The number of people who can be cured of rheumatoid arthritis is unknown simply because the dietary treatment of this disease has never been studied thoroughly. And it is unlikely that much more will be done in the near future, because there is no profit motive driving people to find the information. Other investigators have reported in the medical journals similar improvements of patients with this crippling disease (Panush R. Arthritis and Rheumatism 29:220, 1986; Parke A. Br Med J 282:2027, 1981; Lucas C. Clin Res 29:754A, 1981.)

You can write to Janet Ishikawa c/o POB 1761, Kailua, HI 96734.

RECIPES

BACO-YUBA

Servings: variable

Preparation Time: 10 minutes Cooking Time: 30 minutes
(in batches)

Flat yuba sheets (see helpful hints)
3/4 cup low sodium soy sauce
1/4 cup water
1 Tbsp. liquid smoke flavoring (optional)

Cut yuba sheets into strips about 4-5 inches by 2 inches. Combine soy sauce, water and smoke flavoring (if desired). Soak strips of yuba in this mixture for 5 minutes. (Put in only as many as can be covered by the liquid-use a shallow pan or tray for this purpose.) Remove strips from mixture and lay them on a broiler pan-do not overlap. Broil about 6 inches from heat until tops begin to bubble slightly. Watch them carefully-they burn easily! Turn over with tongs and broil on the other side about 30 seconds. (This whole broiling process will only take about 2-3 minutes.) Remove from pan and place on paper towels to cool. Repeat with remaining yuba strips.

Helpful Hints: Yuba is generally sold in natural food stores, Oriental markets or sometimes in the Oriental section of supermarkets. It is sold either half-dried or completely dried. If you use the half-dried yuba, you may proceed as directed in the recipe above. If you are using dried yuba sheets, soak them in water until soft before using in this recipe. Yuba is also called "dried bean curd" and is available in thin sheets or rolls. It is a by-product of soy milk.

Use baco-yuba as you would use bacon. It is excellent with tomato and lettuce on a sandwich. It may be kept in Ziplock bags in the refrigerator and crisped before using by placing in a toaster oven or microwave or conventional oven for a very short time. I usually make lots of this at one time because it is quite time consuming to make-but it keeps very well and it's nice to have some on hand. Any soaking liquid that is not used may be saved in a glass jar in the refrigerator and used the next time you make baco-yuba.

If you are not able to find yuba strips, ask your natural food store if they will special order it for you. One brand is made by Soyfoods of America. I buy the half-dried kind in large quantities and freeze it until I am ready to make baco-yuba. If you are not on a very salt and fat restricted diet it is well worth the extra effort to make this recipe!

QUICK GARBANZO BEAN SOUP

Contributed by Cynthia Murata

Servings: 4

Preparation Time: 10 minutes Cooking Time: 30 minutes

1 small onion, finely chopped
1 cup minced fresh parsley
1/2 cup minced red or green pepper
2 large cloves garlic, pressed
1 tsp. ground cumin
3 15 oz. cans garbanzo beans
1/2 cup water
1/4 cup lemon juice concentrate
cayenne pepper

In a large soup pot, saute onion, parsley, pepper, garlic and cumin in 1/4 cup water until vegetables are tender. Meanwhile, place garbanzo beans and their liquid in a blender or food processor and puree. Add to the vegetables along with the water and lemon juice. Simmer, covered, for 20 minutes. Add cayenne pepper to taste before serving.

Helpful Hints: This is a quick and easy soup for those days when you are too busy to spend much time cooking. When buying canned garbanzo beans, look for those canned in water with a low sodium content. If you have the time, cook your own beans ahead of time and freeze them for later use in soups such as this one.

We are looking for your kitchen discoveries. Please share with us any new recipes and kitchen hints that you have found.

RE-HASH

What to tell your concerned friends when they ask: **Where do you get your protein?**

- Proteins are widely distributed throughout the plant and animal kingdom
- Proteins are necessary nutrients used for growth and repair of various body parts
- Proteins found in plants are as nutritional as proteins found in animal food sources.
- The quantity of protein in various plant foods is adequate enough to grow a horse, an elephant or a hippo
- The greatest need in our lives for protein is when we grow most rapidly; as a baby. The ideal food for a baby, without any argument, is human breast milk. Only 5% of the calories in breast milk are protein. Rice is 8%, potatoes are 11%, and beans are 28% protein
- It is impossible to design a diet deficient in protein based around any unrefined starchy plant food. (Challenge any doctor or dietitian to do so.) Foods were designed complete with all the necessary protein long before they came to the dinner table.
- Amino acids are the building blocks of protein. Twelve of these amino acids we can synthesize; eight we must obtain from our foods and therefore these are called essential.

- All unrefined starchy plant foods contain all these essential amino acids in amounts at least twice the calculated needs for children and adults. Foods were designed complete with all the necessary amino acids long before they came to the dinner table.
- Although you have never known anyone with a case of "protein deficiency," whether we realize it or not, all of us know people suffering from the effects of excess protein.
- Americans take in 6-10 times as much protein as they need. Excess is not stored; if it were stored it would accumulate in the muscles and most everyone would look like a body builder.
- Excretion of protein involves work from the liver and kidneys. These organs enlarge and change their metabolism under the high levels of protein intake from the American diet.
- Protein causes the kidney to excrete large amounts of calcium. The result is loss of bone calcium, eventually leading to osteoporosis and high levels of calcium in the urine leading to kidney stones. Protein from animal foods are most detrimental.
- Using animal foods as a source for protein also means you will likely take in large amounts of fat and cholesterol. Animal foods are also likely sources of contamination from viruses, bacteria, and chemicals; and are completely fiber deficient.
- Plant foods (devoid of cholesterol, low in fat and high in fiber) are the safest and best source of protein for our bodies.
- Our creator sent us out in the world with only the hunger drive to relate to food. No one has a drive that has them searching for beans to match with rice or for an animal product to add to their diet. Fortunately, our creator was wise enough to include all the proteins and amino acids in foods that satisfied our powerful hunger drive.

EVENTS

The First International Congress on Vegetarian Nutrition Sponsored by Loma Linda University Medical Center, will be held in Washington D.C. on March 16-18, 1987. This is an early announcement and more information will be forthcoming or write to Loma Linda University, Department of Nutrition, School of Health, Loma Linda, CA 92350.

Dr. McDougall will be on tour in Northern California (San Francisco area) October 20th to 24th to promote his new two-week live-in program at St. Helena Hospital in Napa Valley. For information on this program call 1-800 358-9195. The weeks of November 10th and 17th he will be traveling throughout the country appearing on radio and television to promote the trade paperback edition of MCDUGALL'S MEDICINE-A CHALLENGING SECOND OPINION.

SEMINARS: are held almost every Saturday morning at the Honolulu Medical Group. These educational opportunities teach the essentials of a health-supporting diet and lifestyle. Call Jan at 808 537-2211 ext. 720 for more information.

SUBSCRIBING INFORMATION

The McDougall Newsletter is published bimonthly. Send \$8.00 to POB 1761, Kailua, HI 96734.

LETTERS TO THE MCDUGALL'S

- Have been on your food plan since March. My husband has lost over 25 lbs. and I've lost about 7 lbs. Being the daughter of a dairy farmer, I was skeptical of eliminating dairy products but we did it. Within a week there was a salmonella outbreak so we were spared from that too. Do like the benefit of it being cheaper and having a cleaner kitchen. After 32 years of marriage, my husband is helping in the kitchen by chopping vegetables and this has led to an interest in gardening as well. Even with exercise my husband never lost weight before, so you see "you are what you eat" is so true. R.F. Champaign, IL
- I am writing to tell you how much your diet has done for me. It has given me back my life. I suffered from chronic diarrhea, gas and bloating. I was exhausted and spent my days lying on the couch too weak to do anything. I was 50 lbs. overweight and had high blood pressure. I saw you on TV and thought what you said made sense. I got your book and the rest is history. In 3 days I went from lying on the couch to cleaning my house and varnishing furniture. In 1 month I've lost 15 lbs and have never felt better in my life. I bought a blood pressure kit and take my blood pressure daily at home and it's normal. I can't tell you how grateful I am to you. E.B.
- A friend of ours recently had a heart attack. As he wondered if he'd ever have a chance to be healthy again, he received your books from us. We wanted to tell you that they are both healthy and very grateful for having your books to give them hope and another chance. How grateful they are to be sailing with us and anchoring near fresh produce and no-oil bread stores once a week. Your books came at the right time and are invaluable to us! We swap good dinners back and forth and already are enjoying your Vol. 2 recipes! D.G.
- About 14 months ago I had a heart attack. After 3 angiograms the doctors said I would never live a normal life without a bypass. While I was in the hospital I read your second opinion book. As you can imagine, it provided me with what I believe to be life saving information. It also provided me with questions that the surgeons couldn't answer to my satisfaction. I refused the bypass and came home to recover. I have followed your program completely and I have you to thank for my speedy recovery and my wonderful new lifestyle. I am now competing in Triathlon and feel wonderful. Thanks from the bottom of my heart. G.Y. Kona, HI
- I have been following your diet for a month and a half. I feel so much better and am amazed at my preferences now for healthy foods. Also, I haven't had a migraine headache since I started the program and I used to have them often and they were incredibly debilitating. Thank you! J.F. Portland, OR
- Thank you for your book. I'm feeling so much better and slimmer in just one week. Such a waste! All the farmland, grains and hay used for feeding animals rather than for feeding us. I didn't realize that I had a milk allergy until I stopped eating all dairy products. What a difference! I'd never eaten a baked potato plain before, but with carrots, squash and bell pepper it's yummy. No more butter or sour cream for me. Wow! The money I'll save on groceries! Thanks. B.R. Clayton, CA
- Our family has been successfully using your diet for the past several months and we have been amazed at the change in our appearances and good health. The arthritis in my knee and my back problems have almost disappeared! Thank you! G.C. Paducah, KY