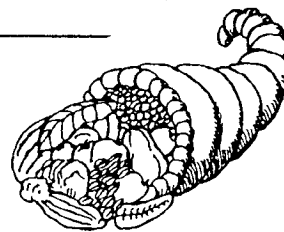


THE NEWSLETTER MCDUGALL



NOV/DEC 1987

VOL. 1 NO. 8

INFORMATION FOR YOUR HEALTH

SURVIVING THE HOLIDAYS

You made it past Thanksgiving. Did you have a small slice of turkey and pumpkin pie? Or did you go completely vegetarian? Eat lots of mashed potatoes, whole wheat bread stuffing, and steamed vegetables? Or did you stuff yourself sick like there was no tomorrow? After all, this was a holiday, a time for feasting. You are committed to feasts only on special occasions, if at all. Right?

Around the holidays we are certainly faced with lots of choices and temptations. I've noticed over the past twelve years that most of my patients choose not to come in for a visit around Christmas. Maybe this time of the year is too busy for a visit to the doctor. But, after New Years, I'm swamped with all those people who have New Year's resolutions to keep. I also find, with the new year, many radio stations ask me to appear as a guest with helpful advice for the new year. Instead of waiting until January 1st, let me share some thoughts with you now that may make the transition from December to January less of a painful step for you.

To begin, consider the fact that most of us have had thirty, forty or more years of feasting--not just on holidays, but every single day of the week, three times a day. I want you to repeat to yourself before every holiday meal: I HAVE FEASTED ENOUGH FOR A LIFETIME! Seriously, if you and I never have another turkey, ham, ice cream, pie or candy bar we still would have had more rich foods than most of the people in the history of mankind. We haven't been all that deprived. So don't take the attitude that you're missing out on all those goodies your friends are indulging in. You're just trying to average back with what should be normal feasting.

STAY FULL everyday, all day long. Hunger can lead us to a lot of self abuse with all those tasty treats at arms reach. Before you go to a party eat one of your favorite healthy meals. When preparing your lunch for work fix an extra sandwich of whole wheat bread, sprouts, onions and tomatoes--celebrate with a little mustard.

YOU BE THE HOST: If you are throwing the party then you can control what is being served. There are many suggestions for party meals in The McDougall Plan and Volume II of the McDougall Health-Supporting Cookbooks. Make lots of vegetable hors d'oeuvres and healthy spreads. Lasagna made of the right ingredients is always a favorite at parties. If you must have rich foods to appease your guests, then pick those that were never your favorites. If forced to, I'd serve beef, chicken, liverwurst, bagels and lox, and I wouldn't be tempted in the slightest. But, I'm not sure I could be trusted around the shrimp bowl with shrimp sauce.

BRING A DISH: If you are invited to a party, bring a dish.

Then you will have plenty to eat of something healthy. I do encourage you to eat early, because it has been the experience of many people that this healthy dish goes fast. Be prepared, you will likely be the center of discussion when people find out that you eat a nearly vegetarian diet--nowadays a fashionable way to eat. Holidays are a great time for families and friends to share. Be sure your message is invited and you are being a good example--don't talk about heart disease prevention with turkey fat dripping down your chin or cake crumbs on your shirt front.

CAREFULLY CHOOSE YOUR DOWNFALLS: If you are going to blow it don't waste it on something that isn't going to give you the greatest pleasure. Sacrifice your rise in blood pressure, cholesterol, triglycerides, uric acid and body weight for a worthy prize only. Hap Stump, psychologist at The McDougall Program, tells us not to keep on breaking our healthy eating habits, by explaining you might write a bad check once, but that mistake doesn't send you on a spree of writing bad checks.

GIFT SUGGESTIONS FOR THE HOLIDAYS: You could make and jar Apple Butter (found on page 277 of The McDougall Plan). Your friends would really appreciate this gift. Rich Moist Fruitcake is loved by everyone (found on page 104 of Volume I of the Cookbook). Give some fresh baked bread--If you're too busy to bake, then go to your local bakery and ask to have many loaves made from whole wheat flour, water and a little sweetener (found on page 269 of The McDougall Plan). You could also give one of the McDougall Books, a years subscription to the Newsletter, or for a special friend or family member a trip to the 12-day McDougall Program at St. Helena Hospital and Health Center. [See MORE HELP at the end of this Newsletter.]

1988 CAN BE ANOTHER BEGINNING. Regardless of how much abuse you put your body through over the holidays, as long as you survive, most of you can start again in 1988 and your body will forgive you again. Recovery will be quick, just like before. But there is a limit to forgiveness even with a creation as wonderful as your body. For 1988, don't test your limits of survival anymore.

MEDICAL RESEARCH

REVERSIBLE BONE LOSS IN ANOREXIA NERVOSA

by J. Treasure (British Medical Journal 295:474, 1987.) Anorexia nervosa is a condition of semistarvation found most often among young women obsessed with dieting. Loss of bone is a common occurrence and is sometimes severe enough to result in fractures and collapse of vertebrae (backbones.) A decrease in estrogen levels compounded by malnutrition is the suspected cause of the bone loss.

In this study 45 patients age 14-54 had the density of their bones measured by photon absorption techniques. The

investigators found the longer the anorexia lasted, the greater the reduction in bone density. Twenty-five patients recovered from anorexia. Bone density improved with increasing weight of the patients and was normal in patients who recovered from the disorder.

COMMENT: This is the first study I am aware of that shows complete recovery of osteoporosis in adults by correcting the underlying cause. I suspect since dietary treatment of osteoporosis is low-profit there has been little motivation to investigate this approach. There are a few studies that show improvement in bone density with exercise. Also people who develop a lower bone density due to immobilization from bed rest, or from a cast, show bone remineralization when ambulation and movement returns. The astronauts, who spend long periods weightless showed a bone loss that returns under the influence of gravity.

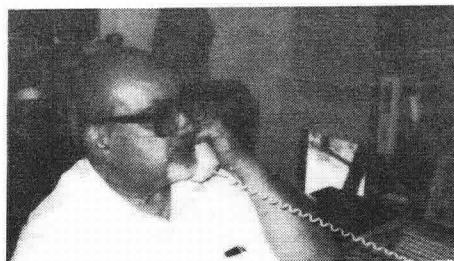
This small study of anorexic women, along with other evidence, tells us that osteoporosis is a reversible condition. In our society, where bone loss begins in the forties and fractures have occurred in half of women by age 75, osteoporosis is caused primarily by a diet high in protein, particularly animal protein (refer to McDougall's Medicine for a thorough discussion of osteoporosis.) Correction of the cause would be expected to lead to stronger fracture-resistant bones.

Those of you who save your National Geographic Magazines may wish to look back at the June 1987 issue (pg. 824.) Two Eskimo women buried 500 years ago in an ice flow were recently found and autopsies performed on their well-preserved bodies. Both women, age 20 and 40 showed signs of atherosclerosis and both had severe osteoporosis. Like the Eskimo women of recent years, they had a diet of walrus, whale, fish and other meats—Eskimo women are known to have the highest incidence of osteoporosis in the world. These diseases are not a modern phenomenon—for more than 500 years the same high animal-protein diet has caused the same health problems—osteoporosis and atherosclerosis.

PATIENT PROFILE

SID HELLER

Insurance Broker



*My health was a total disaster at age 62. I'm a professional insurance broker, and my business is to serve people. I had reached the point where I couldn't function properly for my clients. My physical health was so deteriorated I couldn't get around and I felt so ill I couldn't do my job. There was a time when I had to sit in two airplane seats just to fit my massive size. The seat belts were too short, so I brought along my own extender whenever I flew. Also, I always sat next to the head on the airplane because I had to urinate every 15 minutes. Every business meeting and car trip was punctuated by four visits an hour to the bathroom.

*Every step I took was accompanied by knife-like pains in my

hips. My knees were stiff and sore. You would protest too if your joints had to support more than 300 pounds. These arthritic problems started thirty years ago and every year became progressively worse. Ten years ago I started using a cane and over the last four years I could go nowhere without the help of my walking stick. Over the past four years the arthritis had moved to my fingers.

*Asthma compounded my problem of weight and arthritis to make me an undeniable cripple. I found little relief when I took 200 mg of Theo-Dur and 200 mg. of Albuterol twice a day.

*Two years ago I was told I had diabetes and put on a couple of diabetic pills a day. My blood pressure was up. My legs were swollen and my hemorrhoids throbbed all day long. My top weight was reached November of 1986—347 pounds.

*I have been on every diet program known to the paperback book industry, and medical science. I've lost 600 pounds in 30 years, and 200 pounds in the last 5 years.

*I have bitter memories of a medically supervised liquid protein diet I was on in 1982 at Children's Hospital in San Francisco. I lost 140 pounds, but gained 150 pounds back. I felt poorly all the time on this diet of modified egg whites providing only 300 calories. I think they caused my asthma and my diabetes with their diet. I would think they would know better since they had been at this for 9 years before they got me.

*I felt best when I lost weight with Over Eaters Anonymous. The problem with this program was the commitment took too much of my time so I eventually stopped participating.

*In my last attempt to lose weight and finally start feeling better I called St. Helena Health Center to ask about their weight loss program. A very nice secretary told me I needed The McDougall Program. On May 3, 1987 I started this program that was to change my life—I believe, forever. My weight was 336, blood pressure 150/100, fasting blood sugar 229 mg% (on 2 diabetic pills), triglycerides 250, and cholesterol of 251. I was as bad on paper as I felt.

*In 11 days at The Program I lost 11 pounds of water and fat. My cholesterol and triglycerides dropped a few points. I stopped my diabetic and asthma pills, and I felt better. I no longer had to urinate every 15 minutes—the pressure and bladder pain were gone.

*What I really want you to know is what has happened to me since I left the Program six months ago.

*I now weight 270 pounds (down 66 pounds.) I had my blood tested last week (Nov. 20, 1987.) My glucose was 201mg% (down 28 mg%), cholesterol was 199 (down 52 mg%), triglycerides 172mg% (down 78 mg%), and on no medication.

*I've thrown away my walking stick. My hips and knees still hurt a little when I walk up stairs, but I can walk and walk on flat surfaces with no trouble at all. I don't even get short of breath now.

*I exercise daily—20 minutes on stationary bike and 20 minutes on rowing machine to accomplish 120 strokes.

*I don't spend time worrying about which pill to take

any more, and my nails no longer split. I never have asthma, even on no medication. No more hemorrhoid trouble since the day I started the diet. I now go five hours between trips to the bathroom--that alone has made business easier to conduct.

*I've always liked to cook, especially the curries. I make steamed Chinese dishes with all kinds of vegetables, but I think my favorite is Indian food. I have 12 different legume-based, curry-flavored, meals I really love. I use lots of spices. You can tell Mary (McDougall) that I double the spices in her recipes.

*My wife and I usually eat together. This Thanksgiving was interesting. We had several Indian friends over. We cooked both Indian style and traditional American. They tasted the turkey, but couldn't understand all the excitement over turkey, and instead, ate their vegetarian dishes.

*McDougall's ears must burn all day long. I find myself telling everybody about my success. How could I avoid the discussion--the change in me is so obvious and everyone wants to know how I did it. I have given away many of the McDougall books, and I have 15 copies that I regularly loan out. I just hope a few of my friends get the message.

RECIPES

FIVE BROWN AND WILD HOLIDAY STUFFING

Contributed by Deb Cheney, Kailua, HI

1 cup 5-grain rice plus 1 cup brown rice plus 2 tbsp. wild rice

OR

3 cups brown rice plus 1/4 cup each wheat berries, rye berries, millet, barley and wild rice

1 small onion, diced

1/2 lb. mushrooms, sliced

2 stalks celery, diced

1/4 cup low sodium soy sauce

1/2 tsp. garlic powder

2 tbsp. parsley flakes

2 tsp. ground sage

2 tsp. ground thyme

3 tsp. Spice Islands Bouquet Garni

1/2 tsp. rosemary

8-9 cups water

10 roasted, shelled chestnuts, chopped (optional)

Place a small amount of water in a large saucepan. Add onion, mushrooms and celery and saute for several minutes. Add soy sauce and remaining seasonings (these may easily be cut down or added to depending on your taste buds). Stir. Add water and bring to a boil. Slowly add grains. Set lid on to let small amount of steam escape. Cook on low for 40 minutes. Let rest after cooking for 10-15 minutes.

HELPFUL HINTS: Excellent with cooked pumpkin or as a stuffing in a squash. Serve with herb tea or hot apple juice with a cinnamon stick. This recipe can easily be cut in half to serve fewer people. Just mix the grains together and divide into two equal portions. Use 2+ cups in the recipe and save the rest for another time. Cut the remaining ingredients in half and proceed as directed above.

REHASH

What do you tell your friends when they ask: why don't you eat meat?

*As one of Creations most efficient animals, a human being can synthesize all nutrients any other animal can make; therefore meat is unnecessary for my dietary needs. I prefer to acquire my nutrients from more original sources.

*Just like a cow or a pig, I can take the basic building blocks of proteins, the amino acids, from plants and synthesize all my protein-based cell parts, hormones and enzymes. Plant foods are so abundant in essential amino acids, it is impossible to go wrong. I challenge any of you to design a protein or amino acid deficient diet that is centered around unprocessed grains and vegetables. Not a single dietitian can accomplish this task unless people are starving.

*Eleven of the thirteen vitamins are made primarily by plants. Some of these vitamins are stored in meat (meat is deficient in vitamin C,) but I'd rather acquire these micronutrients from the original sources: the starches, vegetables and fruits. I make my own vitamin D from sun exposure on my skin and my B12 is from the manufacturing source, bacteria.

*Vitamin B12 is synthesized by bacteria and a few algae. Animals and plants do not make B12, but animals store it. I prefer non-animal sources of B12 such as my own natural intestinal bacteria, fermented soybean products, B12-fortified nutritional yeast, and/or spirulina algae. My risk of B12 deficiency is infinitesimally small even if I fail to add a non-animal source of B12 to my diet.

*All minerals, including iron and zinc, originate from the ground. They are absorbed in watery solutions through the roots of plants and are stored in plant parts. People, cows, chickens and pigs then eat the plants and absorb these minerals. Meat is deficient in calcium, unless you eat the bones.

*The fats that I cannot make, the essential fatty acids, are made by plants, not animals. I won't rely on the small amounts of essential fats stored in meats. Fortunately, all natural diets supply adequate essential fats; deficiency is unknown in humans.

*The predominant reason I prefer plant sources for my nutrients is because animal foods are too dangerous for my health. Meat is high in fat and/or protein, and deficient in carbohydrate and fiber. Therefore, the important nutrients are not present in proper portions to support my health.

*Meats are generally very fatty foods. The percentage of fat in fish 5% to 60%, chicken is 20% to 40%, beef 60% to 80%, pork 80% to 95%. Fat is very concentrated in calories. If I center my meals around fatty meats I will become obese.

*Animal fat, especially the fat in beef and pork, is primarily saturated fat. This form of fat raises my cholesterol and injures my arteries, causing atherosclerosis, which leads to tragedies like heart attacks and strokes.

*All fats including saturated and polyunsaturated fats promote cancer, particularly those of the colon, breast and prostate. However, even cancers usually not suspected of being caused by diet, such as lung cancer, still appear to have their growth promoted by dietary fat.

*The meats that are lower in fat are always higher in protein. Proteins eaten in excess, especially the kinds of protein found in animal foods, causes an overwhelming loss of calcium through the kidneys. The end and tragic result, is osteoporosis for millions, and kidney stones for hundreds of thousands of Americans.

*All meats are high in cholesterol. I know now that mackerel fish has 95 mg, turkey 83 mg, beef 70 mg, pork 70 mg, tuna 63 mg, and chicken 60 mg of cholesterol for every 3 1/2 oz. portion. If I'm going to keep my cholesterol safely low, I need to limit all meats, not just red meat.

*Meats are high in purines which breakdown into uric acid. This waste product causes kidney stones and gout in susceptible people.

*Meats are totally deficient in non-digestible carbohydrates, known as fiber. Fiber is essential for proper bowel function, and to help control blood sugar and cholesterol. All plants are plentiful in natural fibers.

*Meats carry and spread disease to people. I don't want to be exposed to cancer and hepatitis viruses, salmonella and staphylococcus bacteria, trichinella and toxoplasmosis parasites to name a few microbes that could threaten my health and life.

*Meats are high on the food chain and therefore contain high levels of environmental contaminants. I know the most effective way for me to avoid the fat-soluble pesticides, herbicides and other chemical poisons is to eat low on the food chain--from plants.

*If I'm not careful I could choke on meat. Nearly 4,000 people a year have meat stick in their windpipe and suffocate to death. No thanks.

*Even though I'm most concerned about my personal health and that of my family, the more I think about it, the more it bothers me to sacrifice other animals for my eating pleasures.

*Eating meat is wasteful. Seven plant calories are required to produce one animal calorie. People around the world are starving, I can't in good conscience be wasteful. Any hopeful solution to world hunger must include steps toward resolving the form of malnutrition caused by gluttonous appetites in developed wealthy countries.

*I'm not designed as a meat eater. Look at me. I have hands for gathering--no claws for tearing meat. My teeth are for grinding grains and vegetables--no fangs for ripping flesh. My intestines are long for the slow digestion of plant parts--they would retain for too long the harmful waste products of meat. I sweat to cool myself, like a other plant eaters--my meat eating cat and dog pant. I sip water like a monkey or a horse--meat eaters lap their water. Fortunately, I'm also a survivor and I have been able live for some time in fair health on the wrong foods. But no longer will I test my fate so irresponsibly.

WEEKLY TV SEGMENT

I am now doing a weekly health and medicine segment on a national television show, called Christian Lifestyle Magazine. You should look for this show on your local cable networks. This program is also carried on National Satellite Networks: ACTS-Satellite Network 15 (SUN 8:30 P.M.; Catholic Telecommunications Network of America (CTNA 5D) TUE 3:30 P.M.); Eternal World Television Network (EWTN) 3R 18 (SUN 11:00 P.M.); Liberty Broadcasting Network Salcom 4 Trans 7 (WED 9:00 P.M. & SAT 6:00 P.M.); Trinity Broadcasting Network F4 17 (TUE 2:00 AM & SAT 5:30 P.M.)---all times are Eastern Standard.

TAX-DEDUCTIBLE DONATIONS TO THE MCDUGALL PROGRAM

There are many worth while health foundations looking for your precious dollars. I believe the direction we are going in at The McDougall Program will make the most difference for the health of the most people. I have set up two separate funds for your charitable gifts. All donations are deductible for Federal and State income tax purposes. Both foundations are set up through The St. Helena Hospital and Health center. Send Contributions to either foundation c/o The McDougall program, St. Helena Hospital and Health Center, Deer Park, CA 94576. Thank You.

The McDougall Lifestyle Change Research Fund 2574.1040 will be money I personally manage for research and education. This fund has already accumulated nearly \$ 5,000 with a future promise of several hundred thousand dollars.

The McDougall Program Fund 2574.1039 will be money managed by The McDougall Program administrative staff, and used for research and education.

MORE HELP

The McDougall Plan--\$8.95. McDougall's Medicine--A Challenging Second Opinion by New Century--\$8.95. Volume I & II of the Cookbooks \$7.95 each. Add postage (\$2 first book--\$1 each additional)--send to POB 14039, Santa Rosa, CA 95402.

THE MCDUGALL PROGRAM at St. Helena Hospital, Napa Valley, CA. Two weeks of physician supervised live-in care designed to get people off medication, out of surgery and living again--call 1-800-358-9195 (outside California) or 1-800-862-7575 (California).

SUBSCRIBING INFORMATION

The McDougall Newsletter is published bimonthly. Send \$8 to POB 14039, Santa Rosa, CA 95402. Previous issues available at \$1.50 per copy.

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