



INFORMATION FOR YOUR HEALTH

**THE U.S. SURGEON
GENERAL REPORTS**

ANOTHER MILESTONE FOR HEALTH

Have You Read About It Yet? The Surgeon General's Report on Nutrition and Health (1988) "marks a key event in the history of public health in the United States." Let me share with you a few more quotes from this landmark document on diet and disease.

"It addresses an area of some controversy and substantial misunderstanding...with dietary factors playing a prominent role in five of the ten leading causes of death in Americans. In addition, the depth of the science base underlying its findings is even more impressive than that for tobacco and health in 1964..."

"In addition to the five of these that scientific studies have associated with diet (coronary artery disease, some types of cancer, stroke, diabetes mellitus, and atherosclerosis), another three—cirrhosis of the liver, accidents, and suicides—have been associated with excessive alcohol intake." "...these eight conditions account for nearly 1.5 million of the 2.1 million deaths in 1987."

"As the diseases of nutritional deficiency have diminished, they have been replaced by diseases of excess and imbalance..."

"Of highest priority among these changes is to reduce intake of foods high in fats and to increase intake of foods high in complex carbohydrates and fiber."

PEARLS OF WISDOM ABOUND

Wherever you turn, the pages are filled with essential health facts.

HEART DISEASE AND CHOLESTEROL

"...clinical evidence...has established the relationship between high blood cholesterol and CHD (coronary heart disease). The relationship is strong, continuous, and graded." "...increasing the dietary intake of cholesterol by 100 mg/1000 calories increases the plasma total cholesterol by 10 mg/dl."

HIGH BLOOD PRESSURE

"...the implications of long-term drug therapy for millions of Americans are unknown. There are doc-

umented side effects of anti-hypertensive drugs (blood pressure pills). Thiazides (diuretics), for example, can induce short-term increases in serum cholesterol, low-density lipoproteins (LDL), and triglycerides...Beta-blockers tend to lower HDL levels (the good cholesterol)" "Dietary factors that clearly contribute to high blood pressure include obesity and excessive intake of sodium and alcohol."

CANCER

"The dietary factors evaluated for the possible relationship to cancer risk are fat, calories, fiber, foods high in vitamin A and carotenoids, and alcohol. Roles for vitamin C, vitamin E, protein, and salt-cured, salt-pickled, and smoked foods have been proposed." "...dietary fat increases the risk for cancers of the breast, colon, rectum, endometrium (uterus), and prostate."

DIABETES

"The traditional restriction of carbohydrate intake in persons with diabetes leads to an increased fat intake...The high saturated fat consumption may have contributed to the frequent cardiovascular complications seen in past years among persons with diabetes." "...a higher intake of fiber than is typical for Americans might improve many clinical conditions, including the abnormal glucose tolerance of diabetes."

OSTEOPOROSIS

"High protein intake may cause bone loss. In young individuals, increasing dietary protein intake increases calcium excretion in the urine and produces a negative calcium balance."

KIDNEY DISEASE

"Renal function begins to decline in normal humans after about the fourth decade of life, and it has been postulated that high-protein diets contribute to this decline." "In humans with renal insufficiency, virtually all recent studies indicate that a diet low in protein or phosphorus retards the progression of renal failure."

FOOD ALLERGIES

"Food is the largest antigenic challenge confronting the human immune system...Symptoms include acute abdominal pain, swelling, nausea, vomiting, rashes, vascular collapse, chronic itching, headache, tension and fatigue. Eczema, asthma and rhinitis are more common in children than in adults." "The most common foods to which people are allergic are egg, milk, wheat, peanut, soybean, fish, shellfish and nuts."

WHAT'S IT TO ME?

The Surgeon General's Report is the most recent and the most important in a series of public statements about our *killer diet*. Just as the Surgeon General's report on Smoking and Health in 1964 is considered

the final authority on the dangers of smoking, so will his 1988 report be *the final authority on diet and disease*. We no longer need to defend our dietary principals by dragging out thousands of scientific articles. Instead we can simply state "The Surgeon General says it is so!" From now on we can no longer be considered part of a radical fringe of society when telling our friends and relatives that we don't eat meat and dairy products and refined foods because they are direct causes of death and disability in our neighborhoods. *We have been vindicated!*

Could this report mean that soon the label "vegetarian" will be a compliment? With wider acceptance of diet as a way to make America healthier, our lives should be made simpler and better. We can expect nutritional labels on packaged foods telling us about fats, cholesterol and sodium in the products, and more vegetable dishes will be served at social gatherings and restaurants.

It took more than 20 years after the report on tobacco for smoking to become socially unacceptable and to enact legislation to prohibit smoking in public places. Will it take as long before we look upon a plump greasy face stuffed with animal fat with as much disgust? Maybe much longer than 20 years. Consider that when the smoking report came out half the population smoked, leaving the another half in a position to clearly see the insanity of such behavior. Today 99.99% of our population is involved three or more times a day in death—defying—dinning. This leaves only 1 in 1000 of us to see the problem from an objective view point—from the point of view the Surgeon General recommends. Furthermore, the tobacco industry is peanuts compared to the giant food industry. If one of your missions is to improve the lives of those around you by sharing yourself as an example of good health, then you are not likely to run out of work soon. Rather than becoming overwhelmed, my intention is to help one person at a time. If you do the same in no time we will change the world.

The Surgeon General will help you get better health care. Your doctor now has more pressure to learn about the role of diet in the cause, prevention and treatment of diseases. No longer will you be chastised for speaking quackery when mentioning the connection in your doctor's office. The Surgeon General emphasized on several occasions that diet is the cornerstone for treatment of major diseases. The benefits of drug therapy were repeatedly questioned and his emphasis was to use medications after all efforts toward a healthier diet and lifestyle were exhausted.

DID HE COPY MCDUGALL?

Several people have asked me if the Surgeon General's Report was based on my two previous books—The McDougall Plan and McDougall's Medicine—A Challenging Second Opinion. Actually I would be very surprised if the more than 360 doctors and health professionals who worked on the report ever heard of McDougall. What they did do was look at the same medical and nutritional literature I have researched over the past 15 years. The gist of their understanding of this large library of papers was essentially the same as mine: eat less meat and dairy products, and more whole grains, vegetables and fruits; which means less

fat, less cholesterol, less protein, less sodium and more carbohydrate and more fiber.

There are some differences I have with this report; please don't let my comments detract from the agreement, and the importance I place on this work.

First, although the trend of our recommendations is the same, the degree of change I propose is different; this is largely because people's views are naturally filtered through their own personal habits. If a doctor is reading a report on heart disease over breakfast, and in one hand he has a paper that says cholesterol causes heart disease and in the other he is holding a fork stuffed with bacon and eggs, then he is likely confused. "There must be something wrong here. I certainly wouldn't be killing myself." As a result of clouded thinking caused by personal habits the recommendations that you are hearing are for moderate changes—likely goals that these doctors imagine they can attain with some effort.

I eat a fairly strict diet and live a healthy (but far from perfect) lifestyle. I didn't always—once I ate as poorly as any American and I paid the price—I know what I'm talking about from first hand experiences. Because I realize the influence personal habits can have on my judgment, I make extra efforts to be objective when my "evil ways" are being challenged by sensible advice.

Second, health authorities are still hung up on the idea of dairy products being health food. "Elsie the Cow" was so effective at indoctrinating us that even well-educated, intelligent, scientists cannot escape her propaganda. I think the solution to this emotional attachment to cow's milk is to pass a rule that all discussions of the benefits of milk must be based on "dog milk" or "horse milk," rather than "cow's milk." When I read recommendations that we drink 4 glasses of *dog milk* daily to keep our bones healthy, then I will be convinced that the adult human being was never intended to wean from milk. Don't vomit! I doubt we will ever hear such revolting advice.

I have reviewed the information on calcium and cow's milk and presented it to you in both of my books. Clearly, the hazards of including dairy products in your diet far, far outweigh the trumped-up benefits. I've given you the research that shows "calcium deficiency from any (natural) diet—even those diets without milk followed by billions of people in Asia and Africa—is a scientific impossibility." No one has ever suffered from such a problem. Cow's milk is "high-octane" fuel, designed to increase the weight of a baby cow by 2 to 3 pounds a day. Now you know why people fond of high-fat dairy products are often described as "fat as a cow."

I encourage you to read more of this report. You can visit, call or write your local U.S. GOVERNMENT PRINTING OFFICE. Or write or call the national office:

Superintendent of Documents
U.S. Government Printing Office
Washington D.C. 20402-9325
(202) 783-3238 (then push 16)

They take credit cards. The cost is \$2.75 for the summary and \$22.00 for the complete report (No postage or tax.) I recommend both.

MEDICAL RESEARCH

Effects of a low saturated fat, low cholesterol fish oil supplement in hypertriglyceridemic patients. A placebo-controlled trial by Harris W, from the University of Kansas Medical Center, Kansas City in *Annals of Internal Medicine* 109:465, Sept. 15, 1988. **OBJECTIVE:** To determine the effects of fish oil supplements low in saturated fat and cholesterol on plasma lipid and lipoprotein levels in hypertriglyceridemic patients...**INTERVENTION:** Twelve 1-g capsules of either fish oil or placebo (safflower oil) were taken daily during each treatment period. **MAIN RESULTS:**...Compared with the placebo, fish oil...raised LDL cholesterol levels...**CONCLUSIONS:**...These findings...suggest the need for careful monitoring of plasma lipoprotein changes during fish oil supplementation, and for a careful evaluation of their long-term benefits. (Abstract—edited.)

COMMENT: Fish oils are being widely promoted for heart disease prevention and lowering cholesterol. However, what most people don't realize is to lower cholesterol, 75 to 100 grams (2 1/2 to 3 1/2 ounces; 675 to 900 calories) of fish oil was given *daily* to subjects in these experiments.

Higher LDL (low-density-lipoprotein) cholesterol levels, also called the "bad cholesterol," are strongly associated with progressive atherosclerosis causing heart disease. In fact, the LDL fraction of cholesterol causes the injury to the artery's inner surfaces. In previous studies MaxEPA (a popular fish oil product) was shown to raise LDL levels, but this might have been due to the high amounts of cholesterol in this oil (600 mg per 3 1/2 ounces.) In this study a purified fish oil with no cholesterol was used to see whether the oil, itself, was the culprit for raising the "bad cholesterol."

Each patient took four 1 gram capsules three times a day (total of 12 daily.) The result was a 28 mg/dl (.70 mmol/L) rise in LDL cholesterol, just from the added fish oil (from 125 mg/dl to 153 mg/dl—very high risk levels are over 131 mg/dl.).

You can now add *raising the "bad" cholesterol* to your list of reasons to avoid fish oils. Other reasons include: excess calories, cholesterol content, increased bleeding tendency, makes diabetes worse, oily hair and skin, toxic vitamin A & D levels in Cod-Liver oil, and possible higher infant death rates during pregnancy, cancer and gallbladder disease (see newsletter vol. 1, no. 2 for details.)

PATIENT PROFILE

Lothar Ullman
Dental Technician



*I came to the McDougall Program at St. Helena in June of 1988. Since then I have lost 30 pounds. My whole life has changed. I'm off all medication; before I took timilol (Blocadren) for blood pressure and Diabeta for diabetes. Even with three diabetes pills a day my blood sugar was 260 mg/dl—now no pills and its below 150 mg/dl. My blood pressure is 136/77. My cholesterol is 170 mg/dl (once over 260 mg/dl.) I use to have angina. Pains in my legs are gone also. Last year I had trouble working 4 full days a week, now I work 12 hours a day, 7 days a week—I love working at my profession. I am truly a different person.

*I first found out about McDougall's ideas over 8 years ago. I couldn't really do it then because talking to him for a half an hour in his office really didn't do it for me. I would go home and fall back into my old routine. I needed the 12-days at St. Helena to really change my ways. I had to go away from home.

*When my friends saw me after the Program they would first say "What diet are you on, Lothar?" Then when they saw me next time and I'm still losing weight they said "Are you still on that stupid diet?" Then they saw me again and I'm still losing weight and they said, "You're going to start gaining weight again — it happened to me." Then they saw me some weeks later and they said, "What, you lost more weight? You look too skinny. You're going to get sick Lothar." They're really jealous.

*I have lots of visitors from Germany and they like to make something good for you. I tell them to go ahead and make it, but I can't—no I really don't want to—eat it. But somebody else will and they can tell me how good it is. I eat very well—my wife cooks very good vegetarian; and I love feeling wonderful and working hard everyday. When I left St. Helena I told Dr. McDougall that I made up my mind—I'm going to do the Program and when I say something, I do it. I go to parties now and my close friends cook vegetarian for me.

*I see my old doctor quite often; he's a family friend. He can't believe how healthy I am now. He says he never saw anybody get off their medications before. I watch him drink heavily and eat all those rich foods when we visit socially—he's killing himself and it shows. I hope my good example rubs off on him—he seems to be more interested in nutrition. Wouldn't that be a switch—*patient saves doctor's life.*

RECIPES

Craig's Favorite Snack

Craig (our youngest son) assures me any other 5 year old can make this treat up in a jiffy—no help—and it tastes really "rad."

1 banana
3 tablespoons applesauce
1 teaspoon honey

Place banana in bowl. Mash with fork. Stir in applesauce and honey—Eat.

eat eating
Jared
Jim

Harvest Baked Squash

Servings: 8

- 4 small acorn squash
- 1 large green apple, seeded and chopped
- 1 recipe Cranberry sauce (see below)
- 1/2 teaspoon minced gingerroot
- 1 teaspoon cinnamon
- 1/2 cup diced almonds (optional)

Halve squash and remove seeds and stringy portion. Place in a large pan with 1 inch of water covering the bottom of the pan. Cover, bring to a boil and steam squash until tender, about 15 to 20 minutes. (Squash can also be placed cut side down in a baking dish, covered with wax paper, and microwaved until tender, about 8 minutes.) Cool squash. Place cut side up in a baking dish.

Saute apple in a small amount of water (2-3 tablespoons) until lightly browned and tender. Stir in cranberry sauce, ginger, cinnamon and all but 2 tablespoons of the almonds. Remove from heat. Spoon into squash halves. Top with remaining almonds. Bake at 400 degrees for 10 minutes.

Cranberry Sauce

- 1 pound cranberries, rinsed
- grated orange part of 1 orange peel
- juice from 1 orange, plus water to make 1 cup of juice
- 1/4 cup honey (optional)

Combine all ingredients in a saucepan and heat until cranberries pop. Mixture will be slightly thick. Skim off any froth.

Apple Pie

Contributed by Bud and Wilda Myers, Fresno, CA

Filling:

- 1 can (12 oz.) frozen apple juice concentrate
- 3 tablespoons quick cooking tapioca
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 6-7 cups peeled, thinly sliced golden delicious apples
- 1/4 to 1/2 cup raisins (optional)

Topping:

- 1 cup Grapenuts cereal
- 1 1/2 tablespoons apple juice concentrate
- 2 teaspoons vanilla

Combine all ingredients for the filling, except the raisins, in a saucepan. Simmer, covered, stirring occasionally, until apples are tender when pierced, about 15 to 20 minutes. Remove from heat. Stir in raisins, if desired. Pour into a pie plate or square baking dish. Cover and chill. Allow to set for 15 minutes, then cover with topping.

Topping:

Place Grapenuts in blender jar and process briefly. Combine crushed Grapenuts with remaining ingredients. Mix well. Spread on a baking sheet and bake at 300 degrees until crispy, about 5- 10 minutes.

LETTERS TO THE MCDOUGALLS

***I have purchased all your books. It is a slow, agonizing process to rid my diet of all the unhealthy foods I have been eating for so many years. Slowly I have found the old favorites no longer satisfy. I now look for and enjoy mostly healthful foods. Thank you for your boldness and upstream fight to educate people about the deadly foods we have been eating. My very inner being confirms that what you share is the truth. My self pity says it's okay to eat wrong if it makes me feel good. But my body rebels when I feed it improperly. Thanks! N.S., Placerville, CA

***We have been wanting to write to you for a long time. We've been on your health plan for exactly one year and what an incredible difference it has made! The benefits have been many. For example, the fourth day we were on the diet, we looked at each other and said, "Do you feel as good as I feel?" We truly know what good health feels like. Another incredible benefit is that we haven't been sick this whole year. For a kindergarten teacher, that is a real first. Third, we have so appreciated the lower food bill costs. Every time I shop, I smile secretly and feel so fortunate to know how to shop so cost effectively. Fourth, the increase in energy we have experienced has been very noticeable and helps in our biking, hiking and at work. Fifth, we lost weight on the plan and are now at your recommended level. Sixth, we've concluded that my husband is allergic to milk and that fats are difficult for him to digest. Since he has cut them out of his diet, the many symptoms have disappeared. And the list goes on and on. Of course, there have been challenges. It is tough eating out and at other homes. We're gradually finding ways to do both. Our friends and family finally are seeing that we are serious and have very mixed responses. Without a doubt, the benefits far outweigh the challenges. It has really changed our lives a great deal. C. & W. M., Escondido, CA

TAX-DEDUCTIBLE DONATIONS

The McDougall Lifestyle Change Research Fund—2574.1040 will be money I personally manage for research and education. The McDougall Program Fund—2574.1039 will be money managed by The McDougall Program administrative staff, and used for research and education. Send to The McDougall Program, c/o St. Helena Hospital, Deer Park, CA 94576.

MORE HELP

Books and Audio Cassettes: The McDougall Plan— \$8.95; McDougall's Medicine — A Challenging Second Opinion— \$8.95; Volume I & II of the Cookbooks—\$7.95 each, add postage (\$3 first book—\$2 each additional)—McDougall Program Audio Cassette Album—\$59.95, add \$5 postage. Send orders to THE MCDOUGALLS, POB 14039, Santa Rosa, CA 95402.

The McDougall Program at St. Helena Hospital, Deer Park, 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).

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