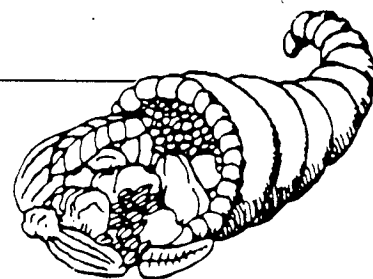


THE MCDUGALL NEWSLETTER

MAY/JUN 1989

VOL. 3/NO. 3



INFORMATION

"QUICK N' EASY"

PACKAGED FOOD SHORT CUTS

Convenience is the issue. Rarely do people complain about the taste of carefully prepared dishes, when set before them, but many would rather die than take the effort to prepare such meals. Therefore, any help, even if the foods fall short of perfection, is welcome. Packaged foods may not fit some people's ideal of fresh ingredients assembled by mother's own loving hands--they may contain a little salt, sugar, or even a-difficult-to-pronounce preservative. But, they are quick and easy and may save you from a fate much worse--hunger, failure, and an untimely death.

We have assembled a comprehensive list of packaged foods found in Northern California grocery and health food stores. You must read the labels on these packages carefully. Many of these foods contain ingredients you may be sensitive to--salt, sugar, tomatoes, pepper, preservatives, etc. The instructions for preparation may also need modification. For example, Fantastic Falafil and Nature's Burger have instructions to fry in oil. You will, of course ignore these instructions and "fry" them on a dry non-stick griddle. Packaged grain mixes call for butter or oil--ignore and omit.

You will find the no-oil salad dressings, salsas, spaghetti sauces, barbecue sauces, ketchups and other sauces particularly helpful. Spoon these toppings over salads, baked potatoes, rice, and/or spaghetti. Some people would eat cardboard smothered in Tabasco.

WE NEED YOUR HELP! This is an incomplete list of products found in our area. We may have missed some that are nationally distributed, and of course, those locally produced in your area. Please send us the labels off of packaged goods that you have found acceptable--check carefully for no dairy products (milk, whey, etc.) and no oils. We will include your finds in an upcoming newsletter.

MEDICAL RESEARCH

NATURAL HISTORY OF LOCALIZED PROSTATE CANCER. by Jan-Erik Johansson, published in The Lancet 1:799, 1989. In a population-based study, disease progression and survival were evaluated in untreated patients with newly diagnosed cancer of the prostate without distant metastases. After 5 years the progression-free survival was 71.8%; and survival corrected for causes of death other than prostate cancer was 93.8%. Poorly differentiated tumors were found more deadly. The low death rate, especially in patients with highly and moderately

differentiated tumors, means that any local or systemic therapy intended for patients with early prostate cancer must be evaluated in clinical trials with untreated controls for comparison.

COMMENT: If a man develops prostate cancer, he is likely to be subjected to fashionable treatments including radical prostate surgery, radiation therapy, removal of both testicles, chemotherapy, and/or hormone therapy. Why? If, according to this and other reviews, his chance of dying from prostate cancer is less than 7% over the next 5 years. Consider that this is a disease of older men. The treatments are painful, debilitating, demeaning, and sometimes deadly. They are also ineffective. Rarely will any of the doctors' efforts change the course of the disease (survival), because by the time the cancer is discovered it has been growing for ten years on the average--those tumors with the tendency to spread have done so before discovery--those that have not spread by ten years will likely never spread. Once the tumor has spread (metastasized), no therapy used today can cure the patient.

Because of these facts the authors of this study ended their paper by writing, "... this surgical procedure (prostate surgery) should be considered experimental, and screening for prostate cancer followed by radical treatment of patients with early disease remains a questionable endeavor which might do more harm than good." In other words, the well informed patient will not go to the doctor for yearly rectal examinations to check for prostate cancer, and if a tumor is found he will have a biopsy for diagnosis (only), or do nothing at all.

Prostate cancer is caused by the high fat American diet. Scientific data and common sense dictates that continuing to eat fats and oils after a diagnosis of prostate cancer would be like "throwing gasoline on a fire." [I believe a healthy diet can benefit cancer patients in many ways.]

LECITHIN INTAKE AND SERUM CHOLESTEROL by Jan Knuiman, published in the American Journal of Clinical Nutrition 49:266, 1989. To find out whether the consumption of lecithin has a more beneficial effect on serum cholesterol than does the consumption of equivalent amounts of polyunsaturated oils, the authors scrutinized 24 studies on the effect of supplementary lecithin intakes ranging from 1 to 54 grams/day. They concluded, there is no evidence for a specific effect of lecithin on serum cholesterol independent of its linoleic acid content or secondary changes in food intake. The observed lecithin-induced hypocholesterolemic effects found in various studies were artifacts caused by the design and the manner of data analysis, were mediated by other dietary changes, or were due to the linoleic acid present in the lecithin.

COMMENT: Many people believe in magic pills and seek solutions to their high blood cholesterol that would allow them to continue gorging themselves on all those high cholesterol goodies they believe indispensable. Lecithin capsules and granules have been promoted for years as a simple solution to many health [continued on back page]

MCQUEEN "OK" ID" PACKAGED PRODUCTS

Manufacturer Variety

COLD CEREALS

Nabisco	Shredded Wheat
Post	Grape-nuts
Barbara's	Breakfast Biscuits
Nature's Path Inc.	Manna (Millet Rice Flakes, Multi-Grain Flakes with Oat bran & with Oat Bran and Raisins)
Kolln	Oat Bran Crunch
Health Valley	100% Natural Bran Cereal
	Oat Bran Flakes
	Oat Bran O's
	Blue Corn Flakes
	Stone Wheat Flakes
	Raisin Bran
	Fruit Lites
U.S. Mills Inc. (Erewhon)	Uncle Sam
	Crispy Brown Rice
	Skinner's Raisin Bran
	Skinner's Low-Sodium Raisin Bran
Perky Foods	Crispy Brown Rice, Nutty Rice
Barbara's	Brown Rice Crisps
	Breakfast O's
	Raisin Bran
Kellogg Co.	Nutri-Grain (Corn, Wheat, Nuggets, etc.)

HOT CEREALS

Quaker Oats Co.	Quaker Oats
	Minute Quaker Oats
U.S. Mills (Erewhon)	Instant Oat Meal
	Barley Plus
	Brown Rice Cream
Stone-Buhr Milling	Hot Apple Granola
	7-Grain Cereal <i>& Seed Oats</i>
	Oat Bran
	14 Grains
Golden Temple	Kashi (some sesame seeds)
Barbara's	<i>Steel Cut Oats</i>
Kashi Company	
<i>Arrowhead Mills</i>	

POTATOES

Ore-Ida	Hash Browns
Bel-Air	Hash Browns

POPCORN

ANY Unprocessed Popcorn (with no added ingredients)	
Weight Watchers'	Microwave Popcorn
Nature's Best	Natural Popcorn

RICE CAKES

Quaker	Rice Cakes (lightly salted)
H.J. Heinz Co.	Chico San (Millet, Buckwheat, etc.)
Hollywood	Mini Rice Cakes (Teriyaki, Apple Cinnamon)
Hain Pure Food Co.	Mini Rice Cakes (Apple Cinnamon)
Pacific Rice Prod.	Mini Crispys (Apple Spice, Raisin N' Spice, Italian Spice, Natural Sodium Free)
Westbrae	Teriyaki Rice Cakes
Lundberg Family Farms	Rice Cakes (Wild Rice, Wehani, Brown Rice, Mochi Sweet)

CRACKERS

San-J	Tamari Brown Rice Crackers
Westbrae	Brown Rice Crackers
Ralston Purina Co.	Natural Ry-Krisp
Edwards & Son	Baked Brown Rice Snaps
Hol-Grain	Brown Rice Lite Snack Thins
	Whole Wheat Lite Snack Thins

O. Kavli A/S
Barbara's

Wasabrod

PRETZELS

(Most are high in salt, with refined flours)
Laura Scudder's Inc.

BREADS

ANY locally baked with whole wheat, no oil, low-sugar, low-sodium
Lifestream
Nature's Path
Grainasissance

International Baking Co.
Garden of Eatin'

SEAWEED

Mitoku Co.

SOUPS

Dry Packaged.
Nile Spice Foods

Westbrae

Soken

Frozen:

Capellino

Canned:

Thompson Kitchens

Hain Pure Food Co.

Real Fresh Inc.

BURGER MIXES

Fantastic Foods

PASTAS

Health Valley

Westbrae

DeBoles

Golden Grain Macaroni Co.

A. Zerega's Sons Inc.
Eden
Nanka Seimen Co.
Sokensha Co.
Rerrara Foods

Kavli Norwegian Crispbread
Crackle Snax
Lightbread
Wasa Crispbread (Breakfast, Hearty Rye)

Mini-Twist Pretzels
Pretzel Sticks
Bavarian Pretzels

Essene Bread
Manna Bread
Mochi (Plain, Raisin Cinnamon, Mugwort, Organic)
Mr. Pita
Bible Bread (regular and salt-free)
Thin-Thin Bread

Nori Strips

Cous-Cous (Tomato Minestrone, Lentil Curry)
Ramen (Whole Wheat, Onion, Curry, Carrot, Miso, Seaweed, 5 Spice, Spinach, Mushroom, Buckwheat)
Instant Miso Soup (Mellow White, Hearty Red)
Soken Ramen

Soups (Minestrone)

Pritikin Lentil Soup (not every Pritikin soup is acceptable--some have dairy products: whey, etc.)
Split Pea Soup
Andersen's Soup--Split Pea-only

Fantastic Falafil
Nature's Burger (with sesame seeds)

Spaghetti Pasta (Spinach, Whole Wheat, Amaranth, etc.)
Spaghetti Pasta (Spinach, Whole Wheat)
Lasagna Noodles (Spinach, Whole Wheat)
Whole Wheat Soben
Nutritional Foods Curly Lasagna
Corn Pasta (wheat-free)
Spaghetti
Macaroni
Rotini
Lasagna
Manicotti
Antonine's Pasta--Fusilli Tri Colori
Udon (Japanese Noodles)
Chow Mein Udon
Soken Jinenjo Noodles
Gnocchi with Potato

PACKAGED GRAINS

Quinoa Corp.
Continental Mills
Lundberg Family Farms
Fantastic Foods
Grainasissance

Quinoa
Bulgur-ala cracked wheat
Rizcous
Brown Basmati Rice
Whole Wheat CousCous

SALAD DRESSINGS

Thompson Kitchens

WM Reily & Co.

American Health Products

Cook's Classic Ltd.
Kraft Inc.
H.J. Heinz Co.

Hain Pure Food Co.

Pritikin No-Oil Dressing (Ranch,
Tomato, Italian, Russian, etc.)
Herb Magic (All No-oil--Vinaigrette,
Italian, Gypsy, Zesty Tomato,
Creamy Cucumber)
El Molino (All No-oil--Herbs &
Spices, etc.)
Cook's Classic (Italian Gusto only)
Oil Free Italian (high salt)
Weight Watchers' Dressing (Tomato
Vinaigrette, French)
No Oil Dressing Mix (Italian, etc.)

SPAGHETTI SAUCE

Pure & Simple Inc.
Trader Joe's.

Westbrae

Thompson Kitchens

Johnson's Spaghetti sauce
Trader Giotto's Italian Garden Fresh
Vegetable Spaghetti sauce
Ci Bella Pasta Sauce--No Salt, No
Oil
Pritikin Spaghetti Sauce

SOY SAUCES

Kikkoman Foods
Westbrae Natural Foods
San-J International
Live Food Products

Kikkoman Lite Soy Sauce
Mild soy Sauce
Tamari Wheat Free Soy Sauce
Bragg's Liquid Aminos

OTHER SAUCES

Nabisco Brands Inc.
McIlhenny Co.
St. Giles Foods Ltd.
Gourmet Foods Inc.
San J

Durkee-French Foods, Inc.
Baumer Foods Inc.
B.F. Trappey's Sons
J. Sosnick & Son
Reese Finer Foods Inc.

A.1. Steak Sauce
Tabasco
Matured Worcestershire Sauce
Cajun Sunshine
Hot Spicy Szechuan all-purpose
sauce
Red Hot Sauce
Crystal Hot Sauce
Red Devil Louisiana Hot Sauce
Kosher Horseradish
Prepared Horseradish

SALSAS

Pace Foods
La Victoria Foods

Artichoke Industries Inc.
Ventre Packing Co.
Thompsons Foods
ANY Salsa-with no oil/you may also want no salt and no sugar

Picante Sauce
Chili Dip
Salsa Jalapena, etc.
Cara Mia-Artichoke Hearts Picante
Enrico's Salsa
Pritikin Mexican Sauce

SEASONING MIXTURES

Alberto-Culver Co.

Modern Products Inc.
Parsley Patch Inc.

Speciality Brands Inc.

Main Coast

Mrs. Dash (Low Pepper-No Garlic,
Extra Spicy, Original Blend, etc.)
Vegit-All Purpose Seasoning
Parsley Patch (All Purpose, Mexican
Blend, etc.)
Spice Islands No salt All-Purpose
Seasoning
Sea Vegetables Sea Seasonings
(Dulse with Garlic, Nori with
Ginger, etc.)

BAKING INGREDIENTS

The Rumford Co.
Sandoz Nutrition
Ener-G Foods Inc.

Rumford Baking Powder
Featherweight Baking Powder
Egg Replacer (a binder for baking)

HOT DRINKS

ANY Non-Caffeinated Teas
Worthington Foods Inc.
Richter Bros. Inc.
General Foods Corp.

Kaffree Roma
Cafix
Postum

CANNED PRODUCTS

Whole Earth
Health Valley Foods
ANY Canned Water Packed Beans--usually with salt.

Baked Beans
Boston Baked Style Beans

RICHER FOODS

These richer foods are high in simple sugar and/or salt. Use sparingly, if allowed at all!

DRIED FRUITS

These are foods concentrated in calories and simple sugars. Avoid dried fruits treated with sulphur dioxide (SO2).

FRUIT SNACKS

Sunfield
Barbara's
Stretch Island Fruit

Nature's Choice--Real Fruit Bars
Apples, and that's all
Tropical Fruit Ripples
Fruit Leather
All Natural Bar
Plum Candy

Panda Factory
Soken

JELLIES AND SYRUPS

The J.M. Smucker Co.

Sorrell Ridge Farm

Knudsen & Sons, Inc.

Shady Maple Farms
Spring Tree Corp.
ANY Honey Packer
Westbrae
Eden Foods Inc.

Smucker's Simply Fruit (Red
Raspberry, Strawberry, Blueberry)
Sorrell Ridge Fruit Only (Apricot,
Grape, etc.)
All Fruit Fancy Fruit Spreads
(Concord Grape, Blueberry,
Cranberry, etc.)
Syrups (Raspberry, Bosenberry,
Fruit N' Maple, Blueberry,
Strawberry)
Maple Syrup
Pure Maple Syrup
Honey
Brown Rice Syrup
Barley Malt

BARBECUE SAUCES & KETCHUPS

Beatrice/Hunt-Wesson Inc.

Ridg's Finer Foods Inc.
Robbie's

Hain Pure Food Co. Inc.

Westbrae
The Kingsford Products
Mrs Renfro's
Health Valley

ICE DESSERTS

Dole Packaged Foods Co.

Eskimo Pie Co.

Frozfruit Corp.

Tofutti Brands Inc.

Hunt's All Natural Thick & Rich
Barbecue Sauce
Bull's Eye Original Barbecue Sauce
Robbie's Sauce (Barbecue mild &
hot, Sweet & Sour Hawaiian Style)
Ketchup
Catsup
Honey Natural Barbecue Sauce
Fruit Sweetened Catsup
K.C. Masterpiece Original Sauce
Mrs. Renfro's Barbecue Sauce
Catch-Up Tomato Table Sauce

Fruit Sorbet
Fruit N' Juice
Sun Tops-Real Fruit Juice Bars
All Natural Pops (Fruit Punch,
Cherry, Orange)
Frozfruit (chunk strawberry,
lemon, cantelope, lime, orange,
banana, cherry, pineapple)
Lite lite Tofutti (vanilla, cappucino,
chocolate-strawberry-vanilla)

problems, including high cholesterol and brain disorders (tardive dyskinesia). Lecithin is a type of fat (phosphatidylcholine) synthesized by the human body and not considered a nutrient (we don't need to obtain it from our diet.) Lecithin was originally isolated from egg yolks, but soybeans are now the primary source of lecithins. Lecithin derived from soybeans is rich in lenoleic acid (60-65% by weight.)

When lecithin replaces animal (saturated) fats, then cholesterol falls by this well known mechanism of eliminating animal fats. Lenoleic acid (a polyunsaturated essential fat for humans) also has a cholesterol-lowering "drug-like" effect. These two factors accounted for any cholesterol lowering that occurred in experimental subjects in these 24 studies, rather than anything special about lecithin. Lecithin derived from animals, which is composed of saturated fats and low in lenoleic acid, will not lower cholesterol for these same reasons.

DOES AGGRESSIVE THERAPY OF RHEUMATOID ARTHRITIS AFFECT OUTCOME? An editorial by Irving Kushner Professor of Medicine, Case Western Reserve University School of Medicine, in the *Journal of Rheumatology* 16:1, 1989. "Several years ago...we reviewed the literature and concluded that there was no firm evidence that commonly used drugs halted the progression of erosive disease (severe arthritis)...The data available are still not conclusive and what is known does not allow us to state definitely whether aggressive therapy alters long-term outcome in rheumatoid arthritis. Nonetheless, what we do know strongly suggests that it does not...Current agents are so feeble that unreasonably large numbers of patients have to be studied to show any sort of difference." Finally, Dr. Kushner tells his readers of this arthritis-oriented medical journal, "In some instances dietary elimination has appeared to be successful in ameliorating the disease process, at least on a short-term basis."

COMMENT: Many times I have heard that the harm, done by health professionals and "well-meaning friends" who recommend that arthritis victims change their diet, is this advice keeps these patients from taking advantage of all the miraculous treatments offered by the established medical profession. What nonsense! Furthermore, the powerful drug treatments prescribed, often in a less-than-honest manner by many doctors, can be the cause of death and disability of the very patients that they're suppose to save. One study found more than half (54%) of patients undergoing the best drug treatment science has to offer were dead (35%), or severely disabled (19%) at the end of 20 years. The authors concluded, "The concept of 'remission-inducing' drugs is fallacious" (Scott D. Lancet 1:1108, 1987.) These drugs do provide early relief from pain, but their long-term benefits are an undeniable failure.

At least some of the experts in the medical profession are facing up to the limitations of present day therapy, and others are bold enough to look into mundane approaches to arthritis, such as the foods we eat. I was recently told by one of the nation's top experts on arthritis medicine--a man who has seen arthritis patients under his personal care benefit from dietary change (elimination of dairy products)--that real scientists don't get involved with diet. Rather they study biochemistry, drugs, and viruses. At that moment he was defending to me why he had recently abandoned any further research in the area of diet and arthritis--since his appointment to head the Department of Internal Medicine at a famous East Coast University Medical School.

RECIPES

MILLET "CHEESE"

Contributed by the Grain Depot, Placerville, CA

This was a huge success at our last McDougall potluck. I promised to share it with all of you.

Cook 1/2 cup of millet in 1 1/2 cups of water about 45 minutes, until soft. Set aside.

Place 1/2 cup cold water and 3 tablespoons EMES unflavored gelatin in a blender. Let stand for a few minutes.

Then add:

1 cup of the hot cooked millet

1/4 cup raw cashews

1 tablespoon lemon juice

3 tablespoons yeast flakes

1 1/2 teaspoons onion powder

1/2 teaspoon garlic powder

1/2 to 1 tablespoon pimento (for color)

Blend until smooth. Pour into plastic wrap lined small loaf pan. Chill until set.

This is a soft spreadable "cheese". It should be considered a moderately rich food because of the cashews. Some diced chilies can be folded in for more flavor, before pouring into the loaf pan, if desired. Emes unflavored gelatin is a non-animal based gelatin. If you cannot find it in your natural food store, it may be ordered from the company at the following address: Emes Kosher Products, 4138-42 West Roosevelt Road, Chicago, IL 60624.

DONATIONS

TO THE MCDOUGALL PROGRAM

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. **ALL TAX DEDUCTIBLE.**

MORE HELP

Books and Audio Cassettes: *The McDougall Plan*--\$8.95; *McDougall's Medicine--A Challenging Second Opinion*--\$10.00 (Hardcover); *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. **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). **The McDougall Newsletter** is published bimonthly. Send \$8/yr. Previous issues available at \$1.50 per copy (Vol. 1, No. 1-8; Vol. 2, No. 1-6; Vol. 3, No. 1-2).

Send all orders to THE MCDOUGALLS, POB 14039, Santa Rosa, CA 95402.

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