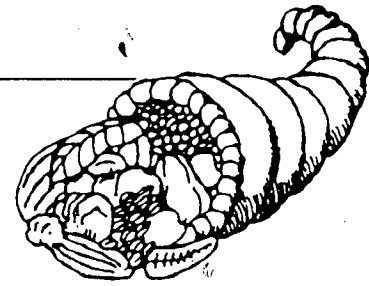


THE MCDUGALL NEWSLETTER

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INFORMATION FASTER, GREATER, WEIGHT LOSS

Effortless weight loss is attained by most people when they follow the general principles of a starch-based diet and get some exercise. Studies of 325 people at the McDougall Program at St. Helena Hospital and Health Center have found overweight men (more than 200 pounds) lose on the average 5.6 pounds, and overweight women (more than 150 pounds) lose 3.5 pounds in 11 days. Multiply these figures over a month and you should expect 9 to 15 pound weight losses eating to the satisfaction of your hunger drive. The food at the McDougall Program is served buffet-style and everyone is encouraged to return for seconds, and they are warned not to be hungry.

The initial weight loss is probably larger than subsequent loss, but the changes that take place in people are complicated. Initial losses include a considerable amount of water, especially from people swollen with fluids (edema). However, this exaggerated loss is opposed by some initial water weight gain from the replenishment of glycogen stores during the first few days of a high carbohydrate diet. Initial losses are also greater because some people don't like the food. However, within 4 to 8 days their tastes change and they eat more. This increase in appetite is opposite the change seen in many very obese people who decrease the amount they eat after the first few days because they are now satisfying their needs for proper foods, and their aggressive hunger drive, looking for carbohydrates, quiets.

Realistically, if people stay strictly with the diet program and the 1 to 2 hours of exercise a day they can expect a 6 to 12 pound weight loss every month until they reach a weight close to trim body weight (skin, muscle, and bones). The last 10 to 20 pounds is often harder to achieve, requiring some extra effort. People with very efficient metabolisms, capable of surviving through severe famines, may also find weight loss difficult and may need to make modifications in the basic McDougall Program. The following suggestions will help you achieve your desired weight loss easier and faster.

DON'T CHEAT

Goal: Every time temptation strikes you "Just Say No!"

I know you eat much better than you did before, but that small amount of rich "fatty" food is easily stored in your body fat tissues. "The fat you eat, becomes the fat you wear." Being 90% on the diet won't be enough for you efficient types, because that 10% (or more) of the wrong foods is

spread directly over your thighs and abdomen. Fat from the diet, enters the blood stream and is moved to the fat (adipose) tissues unchanged (the same chemical structure is retained) at a cost of less than 3% of the calories. Carbohydrate satisfies most of your everyday energy needs. Carbohydrate taken in excess of need is rarely, if ever, stored as fat, because there are many ways the body disposes of excess carbohydrate. The cost of storing carbohydrate as fat, if it were to happen, would be about 30% of the calories. The overall effect is your body burns carbohydrate and leaves the fat to be stored.

A famous pioneer doctor use to tell his patients, "All dieters are liars." You prove him wrong. Be true to yourself.

STOP DIETING

Goal: Eat! Understand you're supposed to satisfy hunger.

Being hungry sets the metabolism up to survive during times of food scarcity. The resting metabolic rate decreases so you burn less energy and the intestine may become more efficient at absorbing foods. Repeated dieting, referred to as the Yo-Yo Syndrome, is especially harmful for your appearance and health because of changes produced in body composition. With weight loss during periods of semi-starvation, known as dieting, you lose considerable muscle mass, along with fat. After the diet the weight regained is primarily fat. The end result will be a body consisting of more fat than muscle, compared to the same weight you once had before those periods of repeated dieting.

LIMIT FLOUR PRODUCTS

Goal: Center your diet around unprocessed rice, corn, and potatoes.

Grinding a whole grain (or bean) into a flour increases available calories and tendency for you to store fat. During the refining process a considerable amount of fiber is removed. Since fiber provides no calories, its removal increases calorie concentration. For example, the wheat berry is 0.5 cal/g (calories per gram), whereas, most commercial whole wheat flour is 3.3 cal/g. Brown rice is 1.2 cal/g, and rice flour 3.5 cal/g. Absorption of the calories through the intestine is also more efficient with the flour, than the whole grain. Another very important change seen with flour is the greater rise in blood insulin levels compared to grains. Insulin causes the fat cells to accumulate fat (lipogenesis), and prevents fat cells from releasing fat (lipolysis). The more fiber removed, the greater the concentration of calories, the more efficient the absorption and the greater the rise in insulin. Therefore, the "whiter" the flour, the greater the tendency for weight gain. To lose weight faster you should limit (or avoid) breads, bagels, pastas, and other flour products.

USE SUGAR SPARINGLY

Goal: Use sugar on surface of foods in small amounts, at most.

Most of the time when the advice is given to avoid sweets, the foods we think of are ice cream, donuts, and chocolate candies, which are actually combinations of fat and sugar. This mixture may be especially fattening because the sugar stimulates production of insulin which in turn more efficiently stores the fat in the fat cells. Insulin turns on an enzyme called lipoprotein lipase (LPL) which opens the flood-gates to the fat cells.

INCREASE GREEN AND YELLOW VEGETABLES

Goal: One third to half of your meal can be low-calorie vegetables.

The calorie concentration of most starches is between 0.6 cal/g (potatoes) and 1.2 cal/g (beans). Green and yellow vegetables are even more calorie dilute: asparagus--0.3; cauliflower--0.3; eggplant--0.2; lettuce--0.2; onion--0.4; tomato--0.2; zucchini--0.2 cal/g. To lower the overall concentration of calories in your meal plan, replace some of the starch with vegetables, but not to the point where the meals become unsatisfying.

RESTRICT FRUIT

Goal: Three fruits a day (or less). Avoid dried fruit, fruit puree and juice.

Fruit is relatively low in calories: apple--81; banana--105; grapefruit--37; mango--135; orange--65; peach--37; pear--98 calories. But, they're so tasty you could eat 20 a day. Fruit sugar stimulates insulin production and causes rises in blood fats (triglycerides). These fats are stored in fat tissues.

Fruit puree, like applesauce, raises insulin levels higher than the fruit; and the juice causes even higher levels of insulin production than the puree. Removal of the fiber with juice increases the calorie concentration and availability.

Dried fruits are concentrated in calories--without the water they are smaller in size and less filling. In the time it takes you to read this page you would be hard pressed to eat three apricots (153 calories), but you could have unconsciously eaten 10 dried ones (510 calories).

GRAZE

Goal: Eat six or more meals a day. Snack on low calorie rice cakes and vegetables.

Gorging on infrequent meals conveys a message to the body that food is available on limited occasions--times of food scarcity might be right around the corner, so your metabolism becomes efficient. Eating infrequently may also force adaption of the intestinal tract to greater absorption of food, and it may require more food to satisfy the appetite. Between meal hunger increases the amount of food you will eventually eat at your long anticipated meal.

Nibbling and grazing, rather than gorging, favors weight loss. Overall, insulin production is less when the same number of calories are eaten with more meals rather than few, and this lower insulin discourages fat storage. Just thinking of food increases the body's metabolism and causes the expenditure of calories, a phenomena known as cephalic thermogenesis. Thus the more times you eat, the more times you expend energy through cephalic thermogenesis.

RESTRICT VARIETY

Goal: Cereal for breakfast; baked potatoes for lunch; a favorite grain dish for dinner, everyday.

As a food is eaten, its taste and appearance decrease in pleasantness, but the taste and appearance of other foods remain relatively unchanged. As a result, more is eaten during a meal consisting of a variety of foods than during a meal with just one of the foods, even if that food is a favorite. Calories consumed have been found to increase with variety. In our society variety is an accepted part of life since the average supermarket contains 15,000 to 20,000 items. Simple diets, centered around starches are still consumed by most of the world's population (China, Japan, Africa) and are very nutritious. An extreme example of the nutritional adequacy of simple starch based diets is shown by experiments and life-experiences where white potatoes have served as the sole source of nutrients for adults and children (see The McDougall Plan p 95-109).

EXERCISE JUST BEFORE MEALS

Goal: More than 40 minutes of exercise daily, preferably before meals.

The overall effect of exercise is to suppress your appetite with respect to the amount of energy your body is burning. Appetite suppressing effects of exercise are increased with the intensity of the exercise, and also when the meal is fed closer to the end of the exercise period.

OTHER TIPS

There other reasonable suggestions that lack scientific support. I mention them because they will do no harm and may be of some benefit:

**Drink water with meals and between meals to fill up the stomach and increase the volume of food in the stomach by hydrating the food. Water adds no calories.

**Eat slowly in order to give the stomach and intestines time to send messages to the brain; satisfying the appetite in response to foods consumed.

**Avoid artificial sweeteners because they stimulate the taste buds causing insulin levels to rise, causing fat accumulation.

**Reduce salt intake because it stimulates the appetite, increasing food intake.

**Use hot red pepper (capsaicin) in place of salt for flavor because it has been shown to stimulate energy consumption and repress fat deposition (at least in animals).

If you have any other helpful tips on faster, more effective, weight loss please send them to me.

CONTROVERSY

"SILVER" FILLINGS

Mercury exposure from "silver" dental fillings has become a public controversy. The Canadian and American Dental Associations have been accused of making misleading statements concerning the safety of "silver" fillings in a letter in the highly respected medical journal, *The Lancet* (337:1103, 1991). The dental organizations claim the exposure is minuscule. However, this article estimates the average daily absorbed dose of mercury is 10 ug (micrograms), and in individuals with many fillings the dose can be as high as 100 ug daily. The Canadian Dental Association claims a daily dietary mercury intake in an adult of 2440 ug is safe, and the average daily intake is 600 ug (60 ug absorbed). This letter states the actual intake of mercury from air, water and food is only 3 ug per day, and the level claimed safe (2240 ug) by the Canadian Association would result in levels in the body six times the critical threshold known to produce toxicity in adults. The American Dental Association claims fish or seafood is a greater source of mercury than fillings, yet tuna fish would average only 5 ug per day (less than the 10 ug from fillings). Amalgams are the largest source of inorganic mercury exposure in the general population.

Finally, the authors state, "These data raise serious doubts about the reliability of statements from the Canadian and American Dental Associations. Experiments in primates clearly demonstrate that Hg (mercury) released from "silver" fillings concentrates in the body tissues in amounts sufficient to alter cell functions."

COMMENT: Mercury fillings were used in the fifteenth century in Europe and brought to the United States in 1932. Today, over 75% of tooth fillings are made of a combination of mercury and several other metals, which together are called an amalgam. Amalgams are typically made of 40 to 54% mercury combined with silver, tin, zinc, and other minor metal components. The resultant mass of material is then packed into a tooth that has had the decayed areas removed. Over a period of 8 to 24 hours the amalgam sets and hardens. During the process of filling the tooth, a rich layer of mercury is brought to the surface of the tooth and swallowed. This results in levels of vapor mercury three times greater than the level acceptable to the Occupational, Safety and Health Administration of .05 mg/m³ for industry (*Operative Dentistry* 4:15, 1979; *Australia Dental Journal* 24:266, 1979.)

Levels of mercury have been measured in the urine and in the expired air. Patients with no amalgams in their mouth have consistently shown lower levels of mercury on expiration than patients with mercury-based fillings. In addition, patients with fillings even two years old showed a four-fold increase in the amount of mercury in their expired air after chewing gum for fifteen minutes when compared to people without these types of fillings. (Gay D. *Lancet* 1:985, 1979.)

With newer amalgams the levels can reach fifteen times greater than normal. What is expired must also be inspired in equal amounts. This mercury reaches the lungs, is absorbed into the blood stream and distributed to the tissues where accumulations can become much higher than that found in the blood.

A multitude of complaints from headaches to fatigue, as well as deadly diseases from cancer to multiple sclerosis have been attributed to mercury poisoning from amalgam fillings. However, scientific documentation is lacking in most of these claims. (Nichols W. *J Arkansas Medical Assoc* 81, 1984.) A lack of evidence does not mean that a cause and effect relationship does not exist, only that adequate investigations may not have been done. The medical-dental community accepts the fact that there are some individuals that are especially sensitive to small dose exposures to mercury. These people usually react with a localized skin rash or a sore on the mucus membranes. These allergic reactions seldom involve the entire body. Whether or not other ailments are caused or contributed to by low level exposure to mercury in any individual, or the population as a whole, is still to be determined. Experts do agree that if mercury-amalgam fillings were introduced today for filling decayed teeth, this process would never pass F.D.A. approval (Wolff M. *Neurotoxicology* 4:201, 1983).

Removing your fillings has drawbacks. A large amount of mercury is released into your mouth, which is swallowed and inhaled. A tooth that is otherwise sound and healthy with an amalgam filling in place can suffer damage in the process of removal which can lead to the need for a root canal procedure and sometimes the loss of the tooth.

Amalgams can be replaced with fillings made of pure gold or an alloy of some metal other than mercury. Another popular technique uses plastic resins; they are the same color as the tooth material, but less durable than metal filling material. Porcelain is also used; unfortunately, this material is so hard that the opposing tooth can be worn down.

An amalgam filling is expected to last for 10 years, but many last much longer. The approach I have taken is to replace only my amalgam fillings that fail, with a plastic resin. (I reserve the right to change my opinion on the ideal replacement material and the need for more immediate removal of fillings in some patients.)

RECIPES

SOUTHWEST BLACK BEAN SOUP

Servings: 8-10

1 lb. black beans
2 quarts water
1 large onion, coarsely chopped
1-2 cloves garlic, minced
2 16 oz. cans chopped tomatoes
1 4 oz. can chopped green chilies
1 tsp. cumin

- 1 tsp. chili powder
- 1 tsp. lemon juice
- 1/4 tsp. crushed red pepper
- 1/4 cup chopped cilantro

Soak beans overnight in the water. Bring to a boil, cover and reduce heat. Simmer for 1 hour, then add remaining ingredients, except for the cilantro. Cook until beans are tender, about 2 hours. Add cilantro just before serving, mix in well and let rest, covered, for about 15 minutes. Serve hot.

Hint: This is great to make in a slow-cooker. Put everything into the pot, except the cilantro, early in the morning. (No need to soak the beans first.) Turn the cooker onto high heat, cover and let it cook all day. Add cilantro just before serving.

EASY NON-FAT GARLIC BREAD * * *

Servings: Variable

- 1 cup no-oil Italian dressing
- 1 tsp. paprika
- 5 cloves garlic (or more, depending on your taste buds)
- parsley flakes (optional)
- whole wheat bread

Place the first three ingredients in a blender jar and process until well blended. Brush this mixture on the bread and sprinkle with parsley, if desired. Broil until a light, golden brown...watch carefully so they don't burn.

Hint: Store the extra mixture in the refrigerator. It will stay fresh for several weeks.

LENTIL ENCHILADAS

- 1 cup dry lentils
- 3 cups water
- 1 small onion, chopped
- 1 clove garlic, crushed
- 1/4 cup salsa
- soft corn tortillas

Place lentils, water, onion and garlic in saucepan. Bring to a boil, reduce heat and cook until lentils are mushy, about 45 minutes. Drain off any excess water. Add salsa and mix in well.

Place a line of the lentils down the center of the tortillas. Add garnishes if desired (chopped tomatoes, chopped scallions) and roll up. Cover with green enchilada sauce.

- Green Enchilada Sauce:
- 1 can (7 ounces) Mexican Green Sauce
 - 1 1/2 cups water
 - 2 tablespoons cornstarch
 - chopped fresh cilantro for garnish (optional)

Combine all ingredients, except cilantro, in saucepan. Cook over medium heat, stirring constantly, until mixture boils and thickens.

SOPA SECA (Dry Soup)

- 8 ounces coiled vermicelli
- 1/4 cup water

- 1 small onion, chopped
- 1 clove garlic, crushed
- 1 (4 ounce) can diced green chilies
- 2 medium tomatoes, chopped
- 2 1/2 cups vegetable broth
- fresh ground black pepper
- chopped cilantro

Place vermicelli in a plastic bag. Take a rolling pin and roll over the bag until the noodles are crumbled. Set aside.

Place the water in a large skillet or wok. Add onions, garlic and chilies. Cook and stir until softened, about 2 minutes. Add noodles and vegetable broth. Bring to a boil, reduce heat, cover and cook for 5 minutes. Add tomatoes, stir, and continue to cook uncovered over low heat until all liquid is absorbed. Add fresh ground black pepper and chopped cilantro for garnish.

Variation: Add 1/2 cup corn kernels and 1/2 cup green peas to the mixture along with the noodles and broth.

HELP

DONATIONS

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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

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