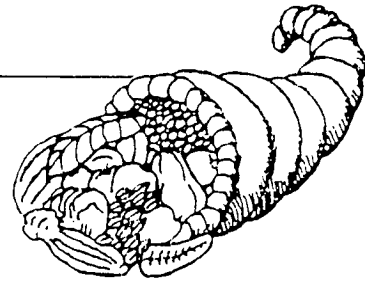


# THE MCDUGALL NEWSLETTER



JUL/AUG 1992

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## INFORMATION QUESTIONNAIRE RESPONSES

Last newsletter I sent out a questionnaire asking about your experiences with the McDougall Program, specifically pertaining to weight loss. All of your stories were valuable and very much appreciated. The similarity of your experiences was remarkable and instructional, helping me understand why you have had such long standing success with this program. Both of us know, this is the only sensible way to lose weight permanently.

### You reported:

With the McDougall Program **you were never hungry**. For the first time ever you ate as much as you wanted and lost weight. No longer did you count calories or worry about the foods you ate. Once you became adjusted to the new foods you rarely thought about food, and certainly lost your previous obsessions surrounding food. You found a few favorite dishes that you now repeat for a weekly menu. You quickly adjusted and now love your new foods.

You reported other benefits for **your appearance**. Most of you heard friends and relatives say you looked younger. Your skin was clearer and cleaner. Arthritis had gone and you were able to move with greater agility--like a younger person. Overall these better looks were reflected by an improvement in your self-esteem (self-image).

Not only do you look better, but **you're healthier**. Actually, for most of you weight loss was only secondary to your real reason for changing--poor health. You stopped most of your medications. Your blood pressure, triglycerides, blood sugar and cholesterol improved. Headaches and body aches disappeared, and more serious pains from heart disease also vanished. Some of you have overcome life-threatening troubles, like heart disease, kidney failure, multiple sclerosis, and colitis.

Most of **you cheat** on occasion, but the foods you call indiscretions (avocados, nuts, seeds, olives and tofu; or breads, bagels and pastas) most people would call health foods. Your families have for the most part fallen in line and many of your spouses have outshined your accomplishments. You have kept your weight off for months to years and have no desire to try any other approach or to return to the rich American diet.

**Exercise** has become a daily habit for most of those who have accomplished their weight loss goals. However, strenuous physical work was not necessary. A daily walk or a spin on the exercise bike seems to be enough to keep you looking great.

With **other diets** you were never satisfied and you gained the weight right back. You were always hungry! Food became an obsession. The harder you tried not to eat the worse you suffered. Even group-supported starvation with Jenny Craig and Nutri/System didn't make the hunger pangs any easier, nor keep the weight off any longer. When you dieted your constipation became even worse, and the hemorrhoids flared up. Indigestion and ulcers were sometimes aggravated by these approaches. Very low-calorie, protein diets made you even sicker with fatigue, loss of concentration, and nausea. Once off those potions you regained your lost weight--just like always.

You had many good suggestions to **help other people** learn this program. "If they just tried it for 12 days," you were convinced they would be sold on the benefits and ease of the Program. You thought they should be very strict and suffer a little if that was necessary.

Your appreciation for the benefits of this Program came through in each questionnaire and letter. Thank you. The McDougalls are grateful to have such a powerful message to share with others. Together, this grass roots movement will spread across the country with one person at a time understanding the process of becoming truly well.

(I'm still interested in your experience for my new book on weight loss. Please mail in your questionnaire or write your story in a letter to me.)

## MEDICAL RESEARCH WORTHLESS RECTAL EXAMS

**Case-control study of screening for prostate cancer by digital rectal examinations** by Gary Friedman in June 1991 issue of the Lancet (337:1526) found no benefit to routine prostate exams for preventing metastatic prostate cancer. (This examination is performed by placing the doctor's finger into the rectum where the surface of the prostate can be felt through the front wall of the bowel.) In this study 139 men with metastatic cancer were compared with an equal number of matched men free of this condition with respect to frequency of rectal examinations found by reviewing their medical records up to, on average, 23 years before cases' initial diagnosis of prostate cancer. If rectal examinations were of value one would expect to find fewer of them done in men suffering with widespread prostate cancer. No such difference was found. The authors conclude: "Screening by routine digital rectal examination appears to have little if any effect in preventing metastatic prostate cancer."

**COMMENTS:** The incorrect assumption supporting this examination is: detection will be early enough to cure the person of prostate cancer. A cancer is usually 1 cm in size

and has been growing 10 years by the time it is detectable. Unfortunately, spread of cancer to other parts of the body has already occurred many years before the time of earliest possible detection.

The original disease in the prostate gland does not cause death. Tumor cells, called metastatic cells, which spread to the brain, liver, lungs and bones cause the patient's death by crowding out the normal tissues. In the deadly forms of prostate cancer spread (metastasis) often occurs in the first few months of cancer growth--many years before even the best early detection methods would be effective.

Many people confuse early detection and prevention of cancer. By understanding the natural history of cancer you will realize that early detection is a misnomer--the disease is 10 years old. True prevention of prostate cancer is accomplished by stopping the cause--the high-fat American diet. There may be other reasons to examine a patient's rectum for disease, but saving their life from prostate cancer is not one of them. (This discussion parallels the story of breast cancer. Self-examination has been shown repeatedly and consistently to fail to improve the chances of surviving breast cancer--but a low-fat diet will prevent breast cancer.)

## NEW PACKAGED PRODUCTS (Updated June, 1992)

You will find the original Canned and Packaged Product List in the McDougall Program--12 Days to Dynamic Health, and the first update in the March/April 1991 (Vol. 5/No. 2) Newsletter. Products are not duplicated between lists. A complete list will be in Mary's new cookbook which may be out in the next 6 months, unless the publisher, Penguin USA, decides to hold production until my new book is out in 9 to 12 months.

Variety (Manufacturer/Distributor)

### COLD CEREALS

Fat-Free Granola--Apple Strawberry (Trader Joe's)  
Organic Grinola (Alvarado St. Bakery)  
Fat-Free Granola (Health Valley)  
Health Crunch (Breadshop)  
Wheetabix Whole Wheat Cereal (The Wheetabix Co.)  
Grainfield's--Raisin Bran (The Wheetabix Co.)

### HOT CEREALS

Pritikin Hearty Hot Cereal--Apple Raisin Spice  
(Pritikin Systems)  
American Prairie Organic Hot Cereals (Mercantile Food Co.)  
Rice Cereal (Lundberg Family Farms)

### POPCORN

Poprice (Energy Food Factory)

### RICE CAKES:

Organic Brown Rice Mini Rice Cakes (Lundberg)  
Teriyaki Rice Cakes (Westbrae Natural Foods)  
Quaker Carmel Corn Cakes (Quaker Oats)

### CRACKERS:

Fat Free Premium Crackers (Nabisco)  
Organic Rice Crackers--tamari, lightly salted (Snack Cracks)  
Sesame Wheels-brown rice (Soken Products)

### PRETZELS:

Super Pretzels-frozen (J & J Snack foods)  
Barbara's Whole Wheat Bavarian Pretzels (Barbara's Bakery)

### CHIPS:

Weight Watchers Apple Chips (H.J. Heinz Co.)  
Guiltless Gourmet No Oil Tortilla Chips (Guiltless Gourmet)  
Basically Baked Organic Tortilla Chips (Barbara's Bakery)  
Baked Tortilla Chips (Trader Joe's)  
Authentic Olde World--Lentils Divine (Berhanu International Ltd.)

### BREADS:

Great Harvest Bakery--Honey Wheat, 9-Grain, Rye Onion Dill, Country Whole Wheat (Great Harvest Bread Co.)  
Brother Juniper's Oil Free Breads--Cajun Three Pepper, Oreganato, Whole Wheat (Brother Juniper's Bakery)  
Alvarado St. Oil-Free Breads and Buns (Alvarado St. Bakery)  
Ryvita Crisp Breads (Ryvita)  
Crispini (Burns & Ricker)  
Pizza Crust--Organic Brown Rice (Snack Cracks)  
Creative Crust Dinner Shells (Oasis Breads)  
Force Primeval Bars--Raisin Walnut Apple Bars (Trader Joe's)  
Raisin Rolls Choyce (Trader Joe's)  
Fat Free Muffins (Health Valley)

### SOUPS:

Taste Adventure Soups--Red Bean (Wil-Pak Foods)  
Fantastic Soups--Pinto Beans & Rice Mexicana (Fantastic Foods) Chili' n Beans (Nile Spice)  
Fat-Free Soups--5 Bean Vegetable & Country Corn and Vegetable plus others (Health Valley)  
Ramen Express--Savory Szechaun, Oriental Vegetable, Golden Chinese (Westbrae)  
Noodles Anytime--Country Style (Westbrae)  
Fat Free Soup--Vegetarian Split Pea; Vegetarian Veggie Broth (Hain Pure Food Co.)  
American Prairie Vegetable Bean Soup (Mercantile Food Co.)  
Mostly Unsplit Pea Soup (Trader Joe's)

### BURGER MIXES/MEAT SUBSTITUTES:

Seitan Quick Mix (Arrowhead Mills)  
Seitan (Santa Fe Organics)  
Vegetarian Hamburger Bits (Vegetarian Health Society)  
Vegetarian Beef Chunks (Vegetarian Health)  
GranBurger (Worthington Foods)  
Fat-Free Meatless Smart Dogs (Lightlife)

### EGG-FREE PASTA:

Wheat-Free Rice Elbows (Food For Life Baking Co.)  
Gnocchi di Palate (Bertagni)  
Eden Vegetable Pastas (Eden foods)

### BEAN AND VEGETABLE DISHES (frozen or refrigerated):

Country Style Rice--microwave (Bird's Eye, General Foods)

### PACKAGED MIXES:

Wheat-Free Oatbran Muffin Mix (Arrowhead Mills)  
Griddle Lite Pancake & Baking Mix (Arrowhead Mills)  
Taste Adventure--Black Bean Flakes and Pinto Bean Flakes (Wil-Pak Foods)  
Pritikin Mexican Dinner Mix (Pritikin Systems)  
Pritikin Brown Rice Pilaf (Pritikin Systems)  
Sharwood's India Pilau Rice (J.A. Sharwood & Co.)  
Basmati Brown Rice (Texmati Rice)  
Casbah Whole Wheat Couscous (Sahara Natural Foods)

Couscous (Tipiak)  
Nile Spice Whole Wheat Couscous (Nile Spice Foods)  
Nile Spice Couscous Salad Mix (Nile Spice Foods)  
Nile Spice Rozdali (Nile Spice foods)  
Lentil Pilaf Mix (Near East Food Products)  
Instant Polenta ((Liberty Imports)  
Jerusalem Tab-ooleh (Jerusalem Natural Foods)  
Polenta (Aurora Importing & Distributing)

**SALAD DRESSINGS:**

Cook's Classic Oil-Free Dressings--4 new flavors: Country French, Garlic Gusto, Dijon, Dill (Cook's Classics)  
St. Mary's Oil Free Salad Dressing--many flavors (St. Mary Glacier)  
Trader Joe's--No Oil Dill & Garlic Dressing, Italian (Trader Joe's)  
Paula's No Oil Dressing (Sweet Adelaide Enterprises)  
Nature's Harvest--Oil-Free Vinaigrette, Oil-Free Herbal Splendor (Nature's Harvest)  
Seasoned Rice Vinegar (Nakano USA)  
Uncle Grant's Salute--Honey Mustard Tarragon Dressing (Uncle Grant's Foods)  
Vintage Lites Oil Free Dressing (S & W Fine Foods)

**SPAGHETTI SAUCES:**

Campbell's Healthy Request Marinara Sauce (Campbell Soup Co.)  
Pasta Sauce (S & W Fine Foods)  
Pritikin Spaghetti Sauce--Original, Chunky Garden Style (Pritikin Systems)  
Healthy Choice Spaghetti Sauce (Hunt-Wesson)  
Rocket Pesto (Nature's Harvest)  
Fat-Free Pasta Sauced (Tree of Life)

**SOY SAUCES:**

Ginger Tamari (Edward & Sons trading Co.)

**OTHER SAUCES:**

Lea & Perrins Steak sauce (Lea & Perrin)  
Teriyaki Sauce (San-J International)  
Zucchini Relish (Trader Joe's)

**SALSA SAUCES:**

Guiltless Gourmet Picante Sauce (Guiltless Gourmet)  
Pritikin Salsa (Pritikin Systems)  
Salsa Authentica & Salsa Verde (Trader Joes)  
Salsa (Nature's Harvest)

**BAKING INGREDIENTS:**

Eden Kuzu Root Starch (Eden Foods)  
Agar Agar (Eden Foods)

**HOT DRINKS:**

Cafe' du grain (J. Intra-World Grain Products)

**CANNED BEAN and/or VEGETABLE PRODUCTS:**

Brazos Cajun Bean Dip (Brazos Products)  
Mixed Bean Salad--bottled (S & W Fine Foods )  
Bearitos--Black Bean Dip (Little Bear Organic Foods)  
Succotash (S & W Fine Foods)  
Garden Style Pasta Salad (S & W Fine Foods)  
Salad Bar--Marinated Medley, Three Bean Salad, Garbanzo Beans, Kidney Beans (Del Monte Foods)  
Dennison's Chili Beans in Chili Gravy (American Home Food Products)  
Rosarita No Fat Refried Beans (Hunt-Wesson)  
Bean Dips (Guiltless Gourmet)  
No-Salt Added Garbanzo Beans, Pinto Beans (Walnut Acres)

**CANNED TOMATO PRODUCTS:**

Tomato Sauce (Trader Joe's)  
No-Salt Added Ready Cut Tomatoes (S & W Fine Foods)

Pomi Strained Tomatoes, Pomi Chopped Tomatoes (Ital Trade, USA)

Tomato Puree, Tomatoes (Walnut Acres)

**CANNED FRUIT PRODUCTS:**

Fruit Naturals--Diced Peaches, Mixed Fruit (Del Monte)

**ACCEPTABLE MILKS:**

Amazake Rice Drink--now in paper cartons (Grainaissance)  
Better Than Milk? Light (Sovex Natural foods)  
Soy Moo (low fat formula is now 1%) (Health Valley Foods)  
Vitasoy Light--Original 1% (Vitasoy U.S.A.)  
West Soy Lite (1% fat) Plain (Westbrae Natural Foods)

**"RICHER" (sugar) FOODS**

**COOKIES:**

Cookies Wheat-Free--Carmel Crisp, Raspberry (Natures Warehouse)  
Cookies--Mountain Berry, Old Fashioned Raisin (Heaven Scent Natural Foods)

**JELLIES, JAMS, SYRUPS:**

Kiwi Preserve (Nature's Harvest)

**ICE DESSERTS:**

Fruitage Premium Frozen Dessert--Raspberry (JM Smucker Co.)

**"RICHER" (high-fat) SOY PRODUCTS:**

**SOY MILKS:**

White Almond Beverage (Wholesome & Hearty)  
Organic Soy Beverage (Pacific Foods of Oregon)  
Westsoy Plus (Westbrae Natural Foods)  
Rice Dream (Imagine Foods)

**SOY YOGURT:**

Soya Latte--non-dairy yogurt (Soyen Natural)  
White Wave Dairyless Yogurt (White Wave)

**BURGER MIXES WITH TOFU:**

Tofu Burger Mix (Fantastic Foods)  
Lite Chef Country Barbecue (Sunfield Foods)  
Tofu Scrambler Mix (Fantastic Foods)  
Gyros-Greek Classics (Sahara Natural Foods)

## RECIPES

**CURRY STUFFED PEPPERS**

SERVINGS: 6

PREPARATION TIME: 45 MINUTES

COOKING TIME: 60 MINUTES

6 large bell peppers, red or green  
2 pounds white potatoes, peeled and chunked  
1/3 cup finely chopped onion  
1 cup chopped broccoli flowerets  
1/4 cup finely chopped carrot  
3/4 teaspoon curry powder  
1/2 teaspoon ground cumin  
1/2 teaspoon turmeric  
1/2 teaspoon grated fresh ginger root  
1 tablespoon lemon juice  
1 tablespoon soy sauce  
fresh ground pepper

Cut the tops off the peppers and clean out the insides. Steam over boiling water for 10 minutes. Set aside.

Cook the potatoes in water to cover until tender, about 30

minutes. Drain, reserving the cooking water. Mash the potatoes, using a small amount of the cooking water to moisten them. Set aside. Preheat oven to 350 degrees.

Saute the onion in a small amount of potato water until translucent, about 3 minutes. Add broccoli, carrots, curry powder, cumin, turmeric and grated ginger. Cook and stir for 3 more minutes, add a little more potato water, if necessary. Stir vegetable mixture into mashed potatoes. Add lemon juice, soy sauce and a few twists of fresh ground pepper. Stuff the peppers with the potato mixture. Place peppers in a non-stick baking dish. Bake in 350 degree oven for 20 minutes. Serve with Curry Tomato Sauce.

### **CURRY TOMATO SAUCE**

SERVINGS: MAKES 4 CUPS  
PREPARATION TIME: 10 MINUTES  
COOKING TIME: 10 MINUTES

- 1 bunch scallions, finely chopped
- 1 clove garlic, crushed
- 1 tablespoon grated fresh gingerroot
- 1 28 oz. can crushed tomatoes
- 1/4 teaspoon curry powder
- 1/2 teaspoon turmeric

Place a small amount of water in a saucepan. Add scallions, garlic and gingerroot. Cook and stir for a few minutes. Add remaining ingredients. Mix well. Cook for another 6-7 minutes to allow flavors to blend. Serve hot.

### **COLESLAW**

SERVINGS: 8  
PREPARATION TIME: 30 MINUTES  
CHILL TIME: 1 HOUR

- 2 cups shredded green cabbage
- 2 cups shredded red cabbage
- 1 carrot, julienned
- 1 red pepper, julienned
- 1 green pepper, julienned
- 1 yellow pepper, julienned
- 1/4 cup finely chopped scallions
- 1/4 cup minced fresh parsley

#### **Dressing:**

- 2 tablespoons balsamic vinegar
- 6 tablespoons cider vinegar
- 2 tablespoons dijon mustard
- 1 tablespoon soy sauce
- 2 teaspoons honey
- 1/2 teaspoon celery seeds
- 1/2 teaspoon caraway seeds
- 1/4 teaspoon ground black pepper

Mix dressing ingredients together in a small jar and set aside. Combine vegetables in a large bowl. Pour dressing over vegetables and toss to coat. Refrigerate at least 1 hour to blend flavors.

### **BAJA SOUP**

SERVINGS: 4  
PREPARATION TIME: 20 MINUTES

COOKING TIME: 50 MINUTES

- 4 cups water
- 1 cup Mexican salsa
- 1 onion, coarsely chopped
- 2 cloves garlic, crushed
- 1 green pepper, chopped
- 2 carrots, sliced
- 1 stalk celery, sliced
- 2 red potatoes, chunked
- 1 cup corn kernels
- 1 cup shredded cabbage
- 1 tomato, coarsely chopped
- 1/4 cup fresh cilantro, chopped (optional)

Place the first 8 ingredients in a large soup pot. Bring to a boil, cover and simmer for 30 minutes. Add corn and cabbage. Cook an additional 15 minutes. Add tomatoes, heat through. Garnish with cilantro just before servings.

## **HELP**

### **DONATIONS**

#### **TO THE MCDUGALL 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 Program--\$10.95; The McDougall Plan--\$10.95; McDougall's Medicine--A Challenging Second Opinion--\$10 (Hardcover); Volume I & II of the Cookbooks--\$9.95 each. The McDougall Video--\$25. McDougall Program Audio Cassette Album (8 tapes)--\$59.95. Add postage (\$4 first book, audio album, or video and \$2 each additional item)

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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Send all orders to THE MCDUGALLS, POB 14039, Santa Rosa, CA 95402. Send US funds only! Add extra postage for foreign orders.

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#### **IS IT TIME TO RENEW?**

Look at your envelope for a renewal notice. If your envelope has a stamped message on it that says, "**time to renew,**" then don't hesitate. This is the only notice you will receive. Right now make out a check for \$12.00 for another year of the McDougall Newsletter. Send your check with your name and address, or even easier, enclose your mailing address from this envelope. Mail to The McDougall Newsletter, P.O. Box 14039, Santa Rosa, CA 95402.

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