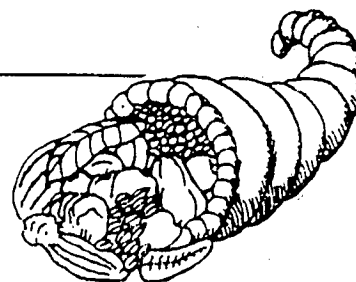


# THE MCDOUGALL NEWSLETTER

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## INFORMATION "DANGERS OF LOW CHOLESTEROL?"

### A CHOICE BETWEEN BEING SHOT OR HUNG? DAMNED IF YOU DO AND DAMNED IF YOU DON'T?

Recent reports of the possible dangers of too low blood cholesterol have been concerning people seeking better health. The story was recently reported in a newspaper article titled "Cholesterol's New Image: High Is Bad; So Is Low," by science writer, Gina Kolata. She reported people who have extremely low cholesterol levels (below 160 mg/dl) have been found to have a higher risk of dying from suicide, homicide, hemorrhagic strokes, certain cancers, liver disease, and lung disease. But, there is still no dispute that people with high cholesterol levels (over 200 mg/dl) have a high risk of dying of heart disease.

The study that prompted this newspaper article was "Serum Cholesterol Level and Mortality Findings for Men Screened in the Multiple Risk Factor Intervention Trial," by James D. Neaton in the July 1992 Archives of Internal Medicine (152:1490). For an average of 12 years, 350,977 men (90% white), aged 35 to 57, were followed after a single measurement of cholesterol. Causes of 21,499 deaths were analyzed. A strong correlation between high cholesterol and heart disease was found. There were also more thrombotic strokes (the common type with a blood clot in a brain artery) with high cholesterol. Low cholesterol was associated with hemorrhagic strokes (brain hemorrhage), cancer of the liver and pancreas, cirrhosis of the liver, suicide, and alcohol dependence syndrome. Also more cancer of the lung, lymphatics and blood system, and emphysema. There was no association with cancer of the colon, homicides or accidental deaths (as other studies have shown).

[In past newsletters I have addressed this issue on two occasions. In July/August 1991 (Vol. 5/No. 4) I wrote about the association of cholesterol lowering drugs and violent deaths; and in November/December (Vol. 4/No. 6) I wrote about low blood cholesterol and cancer.]

### PROBABLE REASONS FOR FINDINGS:

#### ALCOHOLISM

Serious alcoholics have lower blood cholesterol levels than non-alcoholics, because a good part of their diet is a low-fat, no-cholesterol, **pure-vegetarian, distillation of fermented grains, grapes, and potatoes--alcohol.** I recall my days in training on the Pathology service. My hardcore alcoholic patients had the cleanest arteries--often baby clean--entirely free of atherosclerosis. However, they died from cirrhosis of the liver, hemorrhagic strokes,

malnutrition, accidents, and suicides; and they were often heavy smokers and as a result suffered higher rates of lung cancer and emphysema. Smoking also curbs the appetite and may result in lower cholesterol levels, by eating less cholesterol-laden foods.

#### PREEXISTING CANCER

Many studies have found an association of low cholesterol with several different kinds of cancer. There are several possible explanations for this:

The most common explanation accepted by the medical community is **the cancer comes first**, then the low cholesterol. People with cancer lose their appetite and, as a result, eat less fat and cholesterol. Cancer is slow growing and many years of unseen illness (with lower blood cholesterol levels) pass before diagnosis is finally made.

#### METABOLIC DIFFERENCES

**People's metabolisms differ.** For some people dietary cholesterol is easily absorbed from the intestine into the blood stream where it injures the arteries. Others are poor absorbers, leaving the cholesterol in their intestine where it acts as a cancer-helper (co-carcinogen). Still others may absorb the cholesterol, but they rapidly excrete it through their liver, back into their intestine where it promotes cancer. This may explain why patients with colon cancer have more cholesterol in their stool than people without cancer.

#### VEGETABLE OILS

People may get cancer and a lower blood cholesterol by **eating vegetable oils.** Corn, safflower, and olive oil lower blood cholesterol levels by causing the liver to excrete more cholesterol into the bowel. This excreted cholesterol may now act as a co-carcinogen.

Experiments performed since the 1930's have demonstrated that fats promote the development of cancers all over the body, including cancer of the breast, skin, and lung, as well as colon cancer. Most importantly, the cancer-promoting effects of vegetable oils are much stronger than those of animal fats. People who choose vegetable oils at the dinner table will lower their cholesterol, but they impair their body's ability to ward off cancer in the process--possibly by injuring cells and/or impairing the immune system.

Vegetable oils also thin the blood (decrease platelet adhesiveness and thrombotic activity), increasing the likelihood of bleeding which could explain the rise in hemorrhagic strokes. There may be other, yet to be discovered, toxic effects of vegetable oils that could promote earlier death.

#### GENETIC DIFFERENCES

Hypothetically there may be a **genetic association** linking some diseases and lower cholesterol. For example, a gene that favors colon cancer development may also have the ability to lower cholesterol at the same time. Genetic susceptibility could also be postulated for other diseases found with low cholesterol, such as strokes, cirrhosis, and

emphysema.

### CHOLESTEROL LOWERING DRUGS

Two large studies have reported higher rates of deaths due to homicides, suicides and accidents in the groups receiving cholesterol-lowering drugs compared with groups receiving placebos (Arch Intern Med 150:2169, 1990). However, the evidence is not supportive of a causal relationship of the medications and death. But, drugs do have side effects, and reasonably, the questions raised must be investigated.

### WORLDWIDE INFORMATION

The Seven Countries Study looked at groups of people from Finland, Greece, Italy, Japan, USA, Netherlands and the former Yugoslavia. The study followed 12,763 men age 40-59 for 25 years. Serum cholesterol varied from 150 mg/dl in Japan to 270 mg/dl in eastern Finland, mostly because they follow different kinds of diets. No association is found with cholesterol and death rates from suicide, accidents, and violent death. The highest rates were seen in Croatia (Yugoslavia) and the lowest in the Netherlands (Kromhout D. Lancet 340:317, 1992).

A look around the world should convince you that cancer is not due to a low blood cholesterol. People living in places where low-fat diets are followed, such as rural Africa nations, China, and Japan have low cholesterols, very little heart disease, and even fewer of the cancers (colon, breast, and prostate) common to people living in Western societies. Of course, when they change to our diet they get our diseases.

## YOU'RE SAFE!

### THERE'S NO RISK TO HEALTHY EATING

People do like to hear **good news about their bad habits**. The idea that low cholesterol is somehow harmful may be comforting to those who are unwilling or unable to improve their eating habits. Industries marketing cholesterol-laden foods also must breathe a sign of relief on these rare moments that seem to take the pressure off them.

The well informed consumer does not have to make a choice between the lesser of two evils. If you follow a low-fat, no-cholesterol diet you will reduce your risk of heart disease, thrombotic strokes, and cancer. Avoiding alcohol will eliminate the most common cause of cirrhosis and accidents, and decrease your risk of hemorrhagic strokes. Lung disease is obviously smoking related in most cases. A healthy diet even counteracts many of the harmful effects of smoking and alcohol.

Although the evidence is not strong for a causal association between cholesterol-lowering medications and violent deaths, this may be another reason to emphasize a healthy diet and lifestyle rather than drugs for high cholesterol.

Metabolic or inherited tendencies for an association between low-cholesterol and diseases are beyond our control. Therefore, you must focus your attention on behavior that you can control--your eating, drinking, smoking, and exercise habits. *Association is not the same as cause*--Do not be swayed by difficult to explain associations between blood test results and disease. In this case the relation does not pertain to those of us who follow a healthy diet and lifestyle--and get our cholesterol to an ideal of 150 mg/dl or less.

## PRODIGY

### COMPUTER BULLETIN BOARD DAILY, FRIENDLY, CHEAP, NATIONAL GROUP SUPPORT--AND FUN!

For more than a year people all across the country have been "talking" to each other about the McDougall Program on the computer information service known as PRODIGY. They offer each other encouragement, answer diet and health questions, recommend vegetarian restaurants in cities others plan to visit, and share recipes.

The software can be bought at any computer store, and many general and department stores. Prices range from \$19.95 to \$34.99 for the start-up kit. Kits that also include a 2400 baud modem can be purchased from \$29.99 to \$49.99. OR if you are a faithful follower of the McDougall Program you can have the start-up software for **FREE** (almost). You pay \$4.95 for shipping and handling. Monthly membership costs only \$14.95. If you're not happy with Prodigy you can cancel the first month and it's free. The unique phone number for McDougall people is **(800) 776-3552, ext. 551** (this extension is very important). Call now for more information and this great deal!

If you've never used this kind of service before, have no fear. It's easy and fun. Logging on involves Jumping to "Food and Wine," then choosing Healthy Eating, then typing in the letters MCD, and browse through several MCDUGALL SELECTIONS.

## MEDICAL RESEARCH

### MILK CAUSES CHILDHOOD DIABETES

A BOVINE ALBUMIN PEPTIDE TRIGGER OF INSULIN-DEPENDENT DIABETES MELLITUS by Jukka Karjalainen in the July 1992 New England Journal of Medicine reported the connection between early milk consumption and childhood-onset diabetes (327:302). Cow's milk has been implicated as a possible trigger of the autoimmune response that destroys the pancreatic beta cells (insulin producing cells) in genetically susceptible hosts, thus causing childhood-onset diabetes. Antibodies produced against a small section of amino acids (17) of one of the milk proteins, also react with the surface proteins found on the insulin producing beta cells of the pancreas. Antibodies in the serum of 142 children with insulin dependent diabetes, 79 healthy children and 300 blood donors were analyzed. Antibodies against a specific section of the milk protein (Anti ABBOS) were measured in 44 diabetic patients at the time of diagnosis, three to four months later, and one to two years later. All diabetic patients had elevated levels of antibodies to a specific section of the milk proteins (to ABBOS). The antibody levels declined with time, after essentially all of the protein on the surface of the pancreatic cells was destroyed.

COMMENT: Cow's milk proteins can trigger diabetes in experimental animals. Worldwide, childhood diabetes is found commonly in wealthy, developed countries with high

dairy product consumption, but is rare in places where milk is almost never consumed, like Asia and Africa. Exclusive breast feeding, which delays exposure to cow's milk infant formula, reduces the risk of diabetes in children.

The cause of childhood diabetes has been suspected for many years to be due to the destruction of the pancreatic cells by an autoimmune process--the body's own defense mechanisms attacking the pancreas. Exposure to cow's milk protein early in life, when the intestinal tract is immature, allows the milk protein to enter the blood stream where antibodies to this foreign substance, milk, form. Unfortunately, these same antibodies also attack the insulin producing cells of the pancreas. Therefore, the authors conclude that "...prevention of exposure to cow's milk early in life prevents the development of the disease."

At a recent talk I gave to a group of pediatricians and dietitians at Children's Hospital in Oakland, CA (8/25/92), I explained that cow's milk was the leading cause of food allergy--causing snotty noses, ear infections, tonsil enlargement, asthma, rashes, intestinal distress, and bed wetting. I talked about more disabling diseases, like childhood diabetes and rheumatoid arthritis. I explained how the fat in milk makes children fat, causes acne, and oily skin; and later in life gives us heart disease and cancer. I brought out the digestive problems caused by milk sugar--lactose. To get an even greater emotional response I told them about the bovine leukemia viruses, "AIDS-like" bovine immunodeficiency viruses, and other infectious agents possibly lurking in that tall glass of cool milk.

The response was mixed. Most doctors appreciated my frank approach, but some had a difficult time with my information. They did not challenge the accuracy of my statements on the hazards of cow's milk, but instead defended it as necessary for good health. One doctor angrily spoke up; she said in defense of the benefits of cow's milk, "it provides calories, necessary fat, and calcium."

"Look at all the fat children you take care of," I said. "They don't need more calories, especially fat calories. The fat from milk is 97% saturated--the kind that is not essential nor beneficial to health." The calcium argument required more of an explanation. "Calcium is originally found in the soil. To get into all animals it must pass through plants. You might as well go for a more original source of calcium--plants. People with the strongest teeth and bones worldwide--the Asians and Africans--drink no milk after weaning." She did not, nor did any other doctor at that conference, have a scientific defense for recommending cow's milk to children. The sacred advice to drink cow's milk is based on years of brainwashing by one, or another, of TV's famous cows--Elsie, Clo, or Lani Moo--it cannot be based on science and fact.

If only a fraction of the diseases tied to dairy products were widely recognized, this health hazard would be shunned by consumers and banned by the FDA. The facts are clear and the evidence is overwhelming--it is too dangerous for you and your family to hold onto fraudulent messages that support the profits of this big food business. Every effort must be taken by responsible doctors and dietitians, as well as all of you with this information, in order to stop this dangerous nonsense.

Start by telling your friends and relatives. Exert economic

pressure by not buying any dairy products. Petition your local school board to clean up their lunch program, and tell them to stop insisting all children drink milk. If your children are faced with this problem--get a doctor's note to be excused from the school milk program. When you have the opportunity, exert political pressure.

## MAIL ORDER HOUSES

This is a partial list of mail order houses. Contact each for a catalog and ordering information. Ask about their requirements for orders and any extra fees that might be charged. Many places offer savings for bulk orders. Most places take credit card orders.

### **Carr's Speciality Foods**

Box 1016  
Manchaca, TX 78652  
(512) 282-9056  
Comments: Minimum \$25 for credit card order. Ships UPS.

### **Deer Valley Farm**

RD 1  
Guilford, NY 13780  
(607) 764-8556  
Comments: Minimum order \$10. Ships UPS, parcel post.

### **Garden Spot Distributors**

438 White Oak Road  
New Holland, PA 17557  
(800) 829-5100; (717) 354-4936; FAX (717) 354-4934  
Comments: Minimum order \$25. Ships UPS, USPS.

### **Granary Natural Foods Markets**

1400 Main Street Suite 207  
Sarasota, FL 34236  
(800) 274-2749  
Comment: More than 15,000 items in The National Natural Foods Catalog; Overnight orders.

### **Gold Mine Natural Food Company**

1947 30th Street  
San Diego, CA 92102  
(800) 475-FOOD; (619) 234-9711  
Comments: No minimum order. Ships UPS, Parcel post, own trucks. Macrobiotic specialties.

### **Mountain Art Trading Company**

P.O. Box 1037  
Fayetteville, AR 72702  
(800) 643-8909; (501) 442-7191  
Comments: No minimum order. Ships UPS, Parcel post. Macrobiotic specialties.

### **Krystal Warf Farms**

RD 2, Box 2112  
Mansfield, PA 16933  
(717) 549-8194  
Comments: Minimum order 10 pounds. Ships UPS.

### **Mountain Peoples Warehouse**

110 Springhill Drive  
Grass Valley, CA 95945  
Order Desk (916) 273-9531  
FAX (916) 273-0326  
Comments: Minimum order \$500. Pickup or delivery to Western states only (including Hawaii). Great savings.

### **Natural Lifestyle Supplies**

16 Lookout Drive  
Asheville, NC 28804  
(800) 752-2775; (704) 254-9606  
Comments: No minimum order. Ships UPS, Parcel post. Macrobiotic specialties.

### **Nature's Mart**

2080 Hillhurst  
Los Angeles, CA  
(213) 668-0287 or 668-0052  
Comments: Ships UPS. No minimum order.

### **Rising Sun Organic Food**

P.O. Box 627  
Millsburg, PA 16853

(814) 355-9850; FAX (814) 355-4871  
Comments: No minimum order. Ships UPS.

**Simply Delicious**

243 A North Hook Road  
Box 214  
Pennsville, NJ 08070  
(609) 678-4488

Comments: Minimum order \$25 for credit cards. Ships UPS.

**Food Care Inc.**

P.O. Box 6383  
Champaign, IL 61821  
(217) 687-5115; FAX (217) 687-4830

**Walnut Acres Organic Farms**

Walnut Acres Road  
Penns Creek, PA 17862  
(800) 433-3998; (717) 837-0601; FAX (717) 837-1146

Comment: Organic foods, no minimum order. Ships all over USA. Ships UPS, parcel post.

**Bob's Red Mill Natural Foods**

5209 S.E. International Way  
Milwaukee, OR 97222  
(800) 553-2258; (503) 654-3215; FAX (503) 653-1339

Comment: Good source of whole grains, flours, beans, pastas and mixes. Ships minimum order of 1 full case. UPS within continental U.S. only.

## RECIPES

### GOULASH

SERVINGS: 4

PREPARATION TIME: 15 MINUTES (NEED COOKED PASTA)

COOKING TIME: 18 MINUTES

- 1/2 cup water
- 1 large onion, chopped
- 1 large green pepper, chopped
- 1 medium red pepper, chopped
- 1 clove garlic, crushed
- 1 tablespoon soy sauce
- 1 tablespoon parsley flakes
- 1/2 teaspoon paprika
- 1/8 teaspoon black pepper
- 1 28 oz. can stewed tomatoes
- 4 cups cooked elbow macaroni

Place the water in a large pot. Add onion, green and red pepper and garlic. Cook and stir for several minutes, until vegetables soften slightly. Add seasonings and continue to cook over low heat for several more minutes. Add tomatoes and macaroni. Mix well. Heat over low heat for another 10 minutes to blend flavors.

### TEX-MEX POTATOES

SERVINGS: 6

PREPARATION TIME: 20 MINUTES (NEED COOKED BEANS)

COOKING TIME: 40 MINUTES

- 6 firm red or white potatoes
- 2 cups mashed pinto beans
- 1 cup salsa
- 1 4 oz. can diced green chilies
- 1 small round onion, chopped
- 1 clove garlic, crushed
- 2 tablespoons chopped cilantro
- 1/2 teaspoon chili powder
- 1/2 teaspoon ground cumin

- 1 tomato, chopped
- 1/4 cup frozen corn kernels, thawed
- 2 scallions, chopped
- 1 tablespoon chopped cilantro

Preheat oven to 375 degrees.

Scrub potatoes and cut lengthwise into wedges. Place on a baking sheet, cut side up. Bake until lightly browned, about 40 minutes.

Meanwhile, combine beans, salsa, chilies, onion, garlic, cilantro, chili powder and cumin in a saucepan. Heat over very low heat for about 15 minutes.

Combine tomato, corn, scallions and cilantro. Set aside.

Place potato wedges on a large serving platter. Scoop bean mixture over the potatoes. Finish with the tomato-corn mixture.

## 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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