



# YOUR GOOD HEALTH

THE NEWSLETTER WITH DR. JOHN McDOUGALL

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MAY/JUNE 1994

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## Hormone Replacement Therapy (HRT)

### Is this for you?

By Dr. John McDougall

I was told by my neighbor, a gynecologist physician, that no good doctor would fail to prescribe estrogen therapy to a woman at the time of menopause. Since I was only providing this therapy for a few women, this meant that I fell into the "less than reputable category."

The medical profession of the 1990s has waged a war against menopause—making every attempt to eliminate this phase of a woman's life as if it were a disease. A survey in the Los Angeles Times found almost all gynecologists routinely prescribed hormone replacement therapy (HRT) for recently meno-pausal women (Am J Public Health 78:516, 1988). Most women with their uterus had the combination of estrogen and progestogen prescribed. (Progestogen is any agent capable of producing biologic effects similar to the female hormone progesterone.) Most interesting was the observation that half the women without their uterus also received the combination, even though the sole recognized benefit of progestogen is to pre-

vent uterine cancer, and there are many recognized serious side effects.

In 1932 Geist and Spielman first proposed women be given estrogen to reverse symptoms of menopause. In the 1940's, a link between estrogen deficiency and osteoporosis was discovered and in the 1950's, estrogen was found to inhibit atherosclerosis, which leads to heart attacks and strokes.

Estrogen use became popular in the 1960's and 1970's for relief of menopausal symptoms and to "keep women young." Between 1966 and 1975 the number of prescriptions written for estrogen doubled yearly. In the late 1970's a relationship between cancer of the uterus and estrogen was realized and the sales dramatically declined. By 1980, the addition of progestogen had been shown to reduce the incidence of uterine cancer caused by estrogen. Beginning in 1980, estrogen use increased. In 1986, 20.3 million prescriptions were dispensed mostly for relief of menopausal symptoms. With the recent widespread knowledge of estrogen's benefits, their use has

skyrocketed. Doctors now prescribe by reflex estrogen for almost every woman nearing the menopause. You hardly have a choice.

### BENEFITS OF HRT

**OSTEOPOROSIS:** Nearly 50% of women will have sustained a fracture of the hip, spinal bone (vertebra), or wrist by the time they reach 70. Death within a year occurs in 20% of cases of fractured hip. Pain, deformity, and suffering are a common consequence of fractures due to "too thin bones." The lifetime risk of a hip fracture in white American women is 15% (and 5% for men). Treatment with estrogen increases calcium absorption from the intestine and reduces excretion from the kidneys. It also suppresses bone turnover and restores calcium balance to premenopausal levels (Br Med Bull 48:309, 1992). The risk of death from osteoporosis-related hip fractures is decreased by 49% by use of estrogen for 25 years (Obstet Gynecol 83:161, 1994). The differences in measured bone density between patients with hip fractures and those without are too small for bone density testing (densitometry) to provide effective screening (BMJ 303:453, 1991). Since there is no way to reliably predict who will need estrogen therapy based on bone tests many doctors take the attitude that every woman should take HRT.

**HEART DISEASE:** Long term treatment with birth control pills (combinations of estrogen and progestogen) has been associated with an increased risk of heart attacks. However, just the opposite finding has been made with postmenopausal women on estrogen. Estrogen increases the "good" HDL-cholesterol, decrease "bad" LDL-cholesterol, and prevents the formation of "oxidized" LDL-cholesterol (a form of cholesterol very damaging to the arteries) (J Clin Endocrinol Metab 73:925, 1991). After the age of 65 years, 3 out of every 5 women will die of a cardiovascular disease (heart attacks or stroke). Estrogen taken alone may decrease the risk of fatal heart attacks by 48% after use for 25 years (Obstet Gynecol 83:161, 1994). However, the addition of progestogen increases the risk of heart attacks, and may negate any heart benefits provided by the estrogen taken alone.

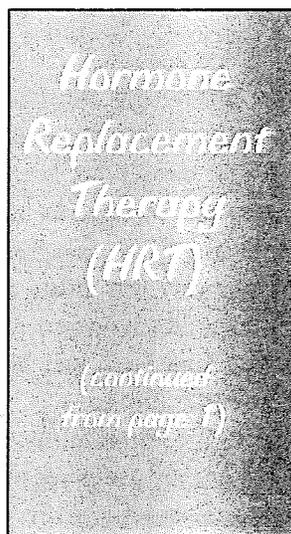
### RELIEF OF MENOPAUSAL SYMPTOMS:

With the progressive reduction of female hormone production by the ovaries, a time known as menopause, most women raised on the Western diet experience difficulties; most commonly hot flashes, atrophy of the genital tissues, decreased breast size, and osteoporosis. Less commonly, women complain of nervousness, anxiety, irritability, and depression. If caused by estrogen deficiency, these symptoms are relieved by HRT. The decrease in genital and breast tissue is a direct consequence of reduced estrogen and is reversed by HRT. Unfortunately, reversal is not without the possibility of serious health consequences—diseases of the breasts and uterus.

### RISKS OF HRT

**ENDOMETRIAL CANCER:** Using estrogen alone hyperstimulates the inside uterine lining (endometrium) leading to irregular vaginal bleeding, endometrial hyperplasia, and cancer. There is a threefold to sixfold increased risk of cancer after 5 years of use, and more than a 10-fold rise in risk after 10 years of use. The risk of cancer persists as long as 15 years after treatment is stopped (Med J Aust 159:102, 1993). Progestogen will protect the endometrium and greatly reduce, but not completely eliminate, the risk of endometrial cancer (Obstet Gynecol 78:1008, 1991).

**BREAST CANCER:** There is substantial evidence that HRT is involved in the cause of breast cancer in women, and breast cancer can be induced in laboratory animals by estrogen. With more than six years use of estradiol, the risk of breast cancer is almost doubled. The risk of breast cancer is highest among women who take the combinations of estrogen and progestogen. One important study found a 4.4 times increased risk for users of these combinations for longer than 6 years, compared to nonusers (N Engl J Med 321:293, 1989; Lancet 340:1044, 1992). The use of "natural" conjugated estrogen seems to be the safest with no increase in risk of breast cancer. Doses of .625 mg for less than 5 years have also been found to be free of breast cancer risk (Cancer 40:289, 1990).



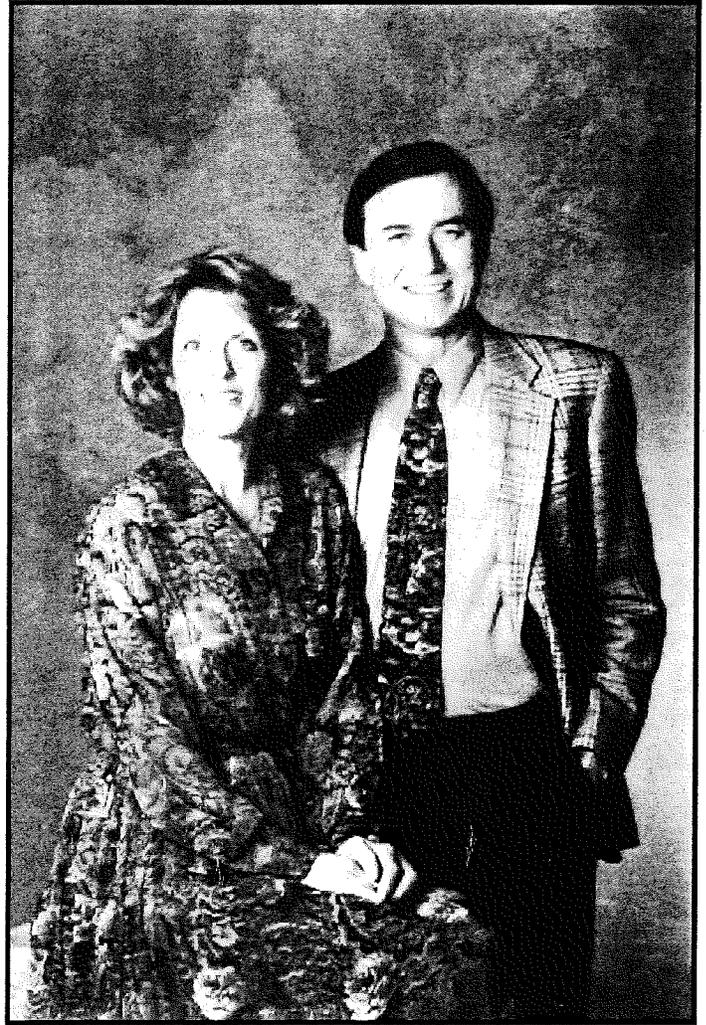
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Examples of Estradiol:  
Estrace Estraderm

Example of "Natural" Conjugated Estrogen:  
Premarin

**OTHER ADVERSE EFFECTS**

Overstimulation of the breasts with estrogen will aggravate fibrocystic breast disease, causing breast pain and lumps for many women. Stimulation of the body of the uterus will cause the smooth muscle cells to proliferate into noncancerous tumors called fibroids. (After menopause both of these conditions normally regress; disappearing as the estrogen stimulation decreases.) Estrogen use after menopause may elevate blood pressure (Am J Epidemiol 103:445, 1976), and possibly elevate blood sugar. A small number of women appear to become addicted to estrogen, requiring higher and higher doses to get relief. Estrogen has been found to increase the likelihood of gallbladder disease 2 to 3 fold compared to nonusers (Lancet 1:1339,1973). They also cause stomach upset. Progestogen has more troublesome and common sides effects such as breast tenderness,



Mary and John McDougall

The **M**CDUGALL Program

**HEALTH**

&

**WEIGHT LOSS**

**C L A S S E S**

**SACRAMENTO**  
Sunday, May 1  
12:00 PM to 4:00 PM  
Beverly Garland Hotel  
Sacramento, California

**SANTA ROSA**  
Saturday, May 7  
1:00 PM to 5:00 PM  
Luther Burbank Center  
Santa Rosa, California

**SAN DIEGO**  
Saturday, May 21  
1:00 PM to 5:00 PM  
Catamaran Hotel  
San Diego, California

**COSTA MESA**  
Sunday, July 24  
10:00 AM to 11:00 AM  
Book Signing at  
Mother's Market  
225 E. 17th St.

Costa Mesa, CA  
This book signing is free and you do not need to be signed up for any paid course to attend.

**COSTA MESA**  
Sunday, July 24  
12:00 PM TO 4:00 PM  
Red Lion  
Costa Mesa, California  
San Jose, California

**L E A R N**

NUTRITION  
MEDICINE  
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COOKING  
EATING OUT

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COST: \$39.95/person • Limited Seating  
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bloating, abdominal cramps, depression, anxiety, irritability, weight gain, and breakthrough bleeding. Progestogen also reverses the favorable effects of estrogen on cholesterol and triglycerides (N Engl J Med 304:560, 1981; Maturitas 12:321, 1990). These drugs have caused fetal abnormalities when taken in the first 4 months of pregnancy. The risk of blood clots (thrombophlebitis and pulmonary embolism) is also increased.

With the cyclic use of both estrogen and progestogen, approximately 90% of women who still have their uterus continue to have a monthly menstrual period.

### IF YOU'RE GOING TO TAKE ESTROGEN

There are two reasons to take estrogen:

- 1) To treat symptoms of estrogen deficiency. Pills, patches, and shots will relieve hot flashes and symptoms of lower genital tract atrophy (dryness and thinning).
- 2) To prevent long term complications from osteoporosis and heart disease.

Natural estrogen is preferred to synthetic, because of a lesser association with cancer of the breast. It is usually given continuously or on a 21 day cycle. A dosage of .625 mg or less is preferred if it relieves symptoms. Use for less than 5 years is also desirable to reduce the risk of breast cancer. If you still have your uterus then progestogen must be given for 7 to 12 days per cycle. Norethindrone at a dose of 1 mg daily or 2.5 mg of medroxyprogesterone acetate (Pro-vera) is usually adequate. Estrogen patches deliver the medication through the skin which avoids initial passage through the liver that occurs when taken by mouth. As a result, the same effects can be obtained with about one-fourth the amount of medication. Unfortunately, the Estraderm patch is made of estradiol, which is the form of estrogen most closely tied to breast cancer.

Women who have experienced an early menopause, naturally or due to removal of their ovaries, should be on HRT until the age of natural menopause. Between ages 50 to 55 years, the ovary's function naturally ceases. Women at higher risk for osteoporosis may more seriously consider HRT. Risk factors include women on a high animal protein diet, and thin women who smoke

cigarettes with a family history of osteoporosis.

One widely held contraindication for HRT is a history of breast cancer or uterine (endometrial) cancer, since estrogen is involved in the promotion of these cancers.

### REMOVE THE ADVANTAGES AND THE DISADVANTAGES

Present thinking views the postmenopausal woman as suffering from a disease known as "estrogen deficiency." This is based on the observation that the risk of osteoporosis and heart disease can be decreased with HRT. However, these conditions are not due to "estrogen pill deficiency." Heart disease is due to the rich American diet laden with fat and cholesterol, and other unhealthy habits. Osteoporosis is likewise not due to the deficiency of any pill. This progressive bone loss is only common among people in wealthy countries. It is caused by a rich diet, high in animal protein, and secondarily by a lack of exercise (Am J Clin Nutr 58:398, 1993). Thus the two major selling points for taking HRT can be eliminated by following a healthy lifestyle. Then you are left mostly with the disadvantages of HRT.

If the focus of a woman's health is on prevention of breast and uterine cancer, and the relief of fibrocystic breast disease, abnormal uterine bleeding, and fibroids of the uterus, then less estrogen is desirable. Any woman with elevated levels of estrogen before menopause would be suffering from "hyperestrogenemia." (These elevated estrogen levels occur as a consequence of a woman's choice of high-fat, low-fiber, rich foods.) Women who take estrogen pills after menopause would also have artificially high levels of estrogen. Regardless of the source, elevated female hormone levels lead to diseases, such as cancer, fibrocystic breast disease, fibroids and abnormal uterine bleeding.

A woman naturally has about 400 menstrual periods during her lifetime. Menstrual cycles are essential for reproduction. As a woman ages she becomes too old to mother children. This is the time in life when reproduction should stop. Menopause is defined as the final episode of menstrual bleeding in women. Science has changed the natural course of a woman's life. Now 70 year old women can be seen buying sanitary napkins at their local drug store.

(continued on page 5)

## Traveling and Eating Out

By Mary McDougall

For those of you who enjoy eating out or traveling forces you to do so, there is a new book,

“The Vegetarian Journal’s Guide To  
Natural Foods Restaurants”

by

The Vegetarian Resource Group

that will make life easier. It lists restaurants by city and state, describing each restaurant and the kinds of food they serve. It also gives location, phone number, hours and prices. Every state is covered, along with a fairly extensive listing for Canada. I will never travel again, even just to San Francisco, without taking this book along with me.

To order your copy, send \$13.00 to The Vegetarian Resource Group, PO Box 1463, Baltimore, MD 21203. Or you can call (410) 366-VEGE.

### *On The Lighter Side*

Song performed at the graduation ceremonies of March 1994 McDougall program class at St. Helena Hospital by The McDougall Gassers

#### CAN ANYBODY EAT NO FAT?

To the tune of “Has Anybody Seen My Gal”

It’s so new, scary too, John please tell us what to do? Can anybody eat, no fat?

Spinach stew and tofu, flax seed, whole wheat, do-pep, too. Can anybody eat, no fat?

Now if you run into McDougall’s crew, give them a hand. They’re working hard. They’ve got guts eating rice and cashew nuts.

We have faith and we know we’ll have thighs like Miss Monroe Can anybody eat, no fat?

It’s mighty easy.....

We know that we can eat no fat!

We really mean it!

We know that we can eat no fat!

We really mean it!

## Hormone Replacement Therapy

(continued from page 4)

### YOU DO HAVE A CHOICE

Women should be given the option of not taking HRT, just like their ancestors have done for the past 6 million years. You shouldn’t be asked by your doctor to choose between a hip fracture or uterine cancer; a heart attack or breast cancer. The best approach is to correct the cause of these problems—an unhealthy diet and lifestyle—rather than take pills that trade one set of problems for another.

A healthy diet has been found to relieve many of the symptoms of menopause. Plant foods contain compounds known as phytoestrogens (phyto = plant). These weak estrogens stimulate a woman’s cells after menopause providing an estrogen effect which relieves symptoms, such as hot flashes (Lancet 339:123, 1992). (These same phytoestrogens protect the cells of premenopausal women by blocking overstimulation by stronger estrogens that are made in her ovaries, thus reducing the risk of breast and uterine cancer.)

If you still suffer with intolerable symptoms due to decreasing estrogen levels, then small doses of natural conjugated estrogen (.625 or .3 mg of Premarin) for a short time may be all that is necessary to provide relief.

If vaginal dryness and thinning, leading to difficulty with sexual intercourse, are your primary concerns then vaginal creams of conjugated estrogen will provide improvement of the condition of the vagina with small dosages—half a gram (.5g) used every 2 to 4 days (Intrn Med News June 1 pg 28, 1989). Even though a small amount of hormone is absorbed through the vagina, cancer has not been associated with this form of use. There are also moisturizing preparations, such as Replens, that can be used rather than hormones to help women with vaginal dryness.

Only by being fully informed can you make the choices that are right for you.



## Healthy Recipes

By Mary McDougall



### Corn Chowder

6 servings

Preparation Time: 10 Minutes

Cooking Time: 30 Minutes

- 3 cups vegetable broth
- 1 leek, cut in half lengthwise, then sliced
- 1 medium red bell pepper, chopped
- 1 cup sliced fresh mushrooms
- 3 cups frozen hash brown potatoes
- 1 1/2 cups frozen corn kernels, thawed
- 1 cup frozen baby Lima beans, thawed
- 2 cups fat free soy or rice milk
- 1/3 teaspoon powdered saffron
- freshly ground pepper to taste

Place the broth in a large pot with the leek, bell pepper, mushrooms and potatoes. Bring to a boil, reduce heat to medium and cook for 10 minutes. Add the corn and Lima beans, reduce heat to low and continue to cook an additional 15 minutes. Stir in soy or rice milk, saffron and pepper. Cook until heated through, about 2 minutes.

### Southwest Vegetable Griddle Cakes

7-8 griddle cakes

Preparation Time: 15 Minutes

Cooking Time: 15 minutes

- 1 cup whole wheat flour
- 1 cup unbleached white flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt (optional)
- 2 cups frozen corn kernels, thawed
- 4 green onions, chopped
- 3 tablespoons chopped green chilies (canned)
- 2 tablespoons chopped cilantro
- 1 1/2 cups fat free soy or rice milk

Combine dry ingredients together in a bowl and set aside. Combine wet ingredients in a separate bowl. Mix wet and dry ingredients together. Batter will be very thick.

Preheat a non stick griddle until hot. (Sprinkle a few drops of water on the griddle and if they bounce, it's ready.)

Spread the mixture on the griddle in the size and shape you prefer, about 1/3 inch thick. Cook about 3 minutes on each side, until lightly browned.

Serve with a sauce to spoon over the top, such as Fast Chili Topping, Red, White and Green Sauce or any savory gravy. They're also good with salsa.

# Medical Research Reviewed by Dr. John McDougall

## TOXIC VITAMIN THERAPY

"A comparison of the efficacy and toxic effects of sustained-release vs immediate-release niacin in hypercholesterolemic patients," by James McKenney in the March 2nd, 1994 issue of the *Journal of the American Medical Association* (JAMA 271:672) found the sustained released (SR) form of niacin to be toxic to the liver, and recommended its use be restricted. Immediate-release (IR) niacin was also found to have significant adverse effects and was recommended to be used only under careful monitoring of an experienced health professional. Both preparations lowered triglycerides effectively, but the SR niacin lowered cholesterol more than the IR niacin. Before reaching a therapeutic dosage of 3000 mg, 39% of the IR group withdrew from the study because of side effects, like flushing and fatigue. In the SR group 78% withdrew from the study due to gastrointestinal symptoms, fatigue, and elevation of liver enzymes. None of the patients in the IR group developed liver toxicity, while 52% of the patients taking SR niacin did.

### *On The Lighter Side*

Sung to the Beattle's tune "I'll get by with a little help from my friends"

What would you do with brown rice and legumes?  
Can you make it taste just like roast beef?

Lentils and yams are much better than spam, and they all are cholesterol-free.

I'll get by with a little help from my friends.

Tofu ain't eggs we'll learn to pretend.

I'll get by with a little help from my friends.

We don't need any butter. We just need salsa and bread. If you please, hold the mayo. Just slap on some mustard instead.

What will you do without Carol's good food? And Ms Vicki's no nonsense advice?

Stories from Hap will keep us on track. Linda's gym class for shapelier thighs.

Linda G. took us shopping. Lynn talked us out of stress. Nat's regime kept us hopping. DorAnne helped us scarf with finesse.

I'll get by with a little help from my friends.

We get by with McDougall and friends.

COMMENT: Niacin is a highly effective cholesterol-lowering drug. Reducing cholesterol by 20 to 30%, triglycerides by 35 to 55% and "bad" LDL-cholesterol by 20 to 35%. It has shown to reduce risk of heart attacks and reverse atherosclerosis when combined with other drugs. It is available over the counter and is inexpensive. SR niacin became popular because it causes less flushing (vasodilatation) than the IR niacin (which causes flushing in 100% of people). The SR form, however, produces more intestinal side effects. Liver toxicity has been reported to be life threatening in rare cases.

Niacin, which is vitamin B3, is highly toxic when used in dosages prescribed to treat cholesterol. By packaging niacin for slow, sustained release, these forms keep the levels of niacin higher in the blood for longer periods, resulting in more cholesterol-lowering, but also much more liver toxicity.

The safest way to lower cholesterol is by a low-fat, no-cholesterol diet. If this is insufficient, then there are other relatively non-toxic, over the counter, preparations that can be used, like garlic, activated charcoal, oat bran, vitamin C, vitamin E (dry-form), and guggulipid. These have been reviewed in previous newsletters.

If diet and safe "natural" preparations are still not enough, then I like to use the cholesterol-binding resins (Colestid or Questran). They work in the gut without entering the body and, therefore, have few serious side effects. As a last resort, I will use a drug that blocks cholesterol synthesis, like Mevacor.

### CRANBERRY JUICE FOR THE BLADDER

"Reduction of bacteriuria and pyuria after ingestion of cranberry juice" by Jerry Avorn in the March 9th, 1994 issue of the *Journal of the American Medical Association* (JAMA 271:751) studied effects of daily consumption of 10 ounces of cranberry juice on 153 elderly women. Compared to the placebo group (drinking a colored-flavored drink), the cranberry juice group had less than half the chance of finding bacteria and white blood cells in their urine (white blood cells are a sign of infection). The benefits began after 4 to 8 weeks and continued after this time.

COMMENT: Studies since the 1920s have suggested cranberry juice as treatment of bladder infections. The benefits were believed to be due to the hippuric acid excreted in the bladder—the acid inhibiting the growth of the bacteria. Recent work suggests the cranberry juice may work by inhibiting the ability of the bacteria to attach to the bladder walls. This study found no evidence of acidification of the urine. Therefore, the benefits seem to be due to bacteria-inhibiting effects. Women over 65 usually have at least one bladder infection a year. Women with recurrent bladder infections should try consuming 10 ounces of cranberry juice

(continued on page 8)

## Healthy Greens

by Steven Foster

We've all been told to eat our greens, which for many of us in childhood created revolt, if not revolution. But, the older we grew, the wiser we became. While Popeye's results in eating a few ounces of spinach greens are probably a bit more dramatic than results we can hope to expect, the image does create an association that strengthens the value of greens in the diet. Green foods are rich in chlorophyll, that elixir of plant life that makes human life possible. The "blood" of plants, it has a chemical structure very closely mirroring that of human plasma. Green foods provide a high nutrient to calorie ratio and organic compounds which benefit key body systems and processes. They are one of the most direct sources of essential nutrients. They are a primary source of essential nutrients, unlike animal products, which first depend upon the ingestion of plants to produce nutrients. Animal food sources are only secondary. Green foods rich in chlorophyll help to stimulate circulation, move metabolic waste products through the blood stream, produce co-factors that help the function of the immune system, and push oxygen through the blood stream. They also serve as natural deodorants and detoxifiers. Healthy greens don't necessarily have to come from the produce section of your favorite grocery. Increasingly, they can be found in the form of dietary supplements, which are especially useful in boosting the normal intake of greens and help to provide trace nutrients that may not be acquired in the normal diet.

One such green food is alfalfa. Most alfalfa is grown as a food for animals, raised to produce food for humans. Alfalfa, however, has long been known as an herb as well. Alfalfa is a perennial with a deep tap root, excavating minerals from the depths of the soil, thirty or more feet deep. It is native to the Near East (western Asia and east Mediterranean regions), though is now cultivated extensively throughout the world. Dried leaves or fresh fiber-free extracts are used in tablets and capsules as a source of chlorophyll, vitamins, minerals, protein and for purported benefit in conditions such as rheumatoid arthritis, to prevent absorption of cholesterol, treating diabetes, stimulating appetite and as a general tonic.

Alfalfa is actually one of the best studied plants. It is a veritable factory of chemical compounds, producing so-called non-essential nutrients such as plant sterols including beta-sitosterol and various flavons and isoflavones, such as genistein, which has recently been the subject of chemopreventative research. It contains various plant

acids, as well as vitamin A, vitamin B1, B6 and B12, vitamin C, vitamin E, vitamin K1, niacin, pantothenic acid, biotin and folic acid. Alfalfa is a rich source of chlorophyll and contains other plant pigments such as xanthophyll, beta-carotene, anthocyanins. Minerals mined from the depths of the subsoil include calcium, potassium, phosphorus, magnesium, iron, zinc, and copper. Dried alfalfa leaf is a rich natural fiber source containing between 17 to 25 percent fiber. It contains a large collection of amino acids in its protein content, which is up to 25% in dried alfalfa meal.

Many attributes have been ascribed to alfalfa, some scientifically confirmed, others not. It has been used in traditional folk medicine as a nutrient to increase vitality and appetite; as a diuretic; to stimulate milk flow, and to increase peristaltic action of the stomach and bowels, resulting in increased appetite. A 1981 paper in Food and Cosmetic Technology reported that saponins in alfalfa tops have been shown to lower plasma cholesterol, decrease intestinal absorption of cholesterol, increase excretion of neutral steroids and bile acids in fecal matter and prevent atherosclerosis. There is no doubt that alfalfa is one of the most important sources of chlorophyll, and one of the most significant food plants on the planet.

Barley Grass is another popular green food in dietary supplement form. Barley is one of the oldest cultivated foods, known to have been grown for at least 6000 years. The grain itself is a familiar staple food, used throughout the world. Barley grass is the fresh leaf and tops harvested soon after the seeds sprout, when the leaves are still tender. It is considered an excellent source of chlorophyll as well as many nutrients and enzymes. It has a high nutrient to calorie ratio, hence is used in well-designed weight-loss programs. Among the nutrients it contains are vitamins A, vitamin C, folic acid, Thiamin, riboflavin, pyridoxine, vitamin B12 and vitamin K. Minerals include iron, calcium, (continued on following page)

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### CRANBERRY JUICE FOR THE BLADDER

(continued from page 7)

daily. With the onset of a bladder infection you might also try drinking a large amount of cranberry juice (a whole bottle at one sitting) at earliest sign of trouble. If symptoms persist, a urinalysis and urine culture should be obtained with treatment using appropriate antibiotics. Single dose therapy, using only one dose of an antibiotic pill, is as effective as taking pills for 10 days—and a lot cheaper with fewer side effects (See McDougall's Medicine, New Win Publ).

manganese, magnesium copper and especially potassium.

Chlorella has gained a reputation as an important green food dietary supplement in recent years. Chlorella is a one-celled microscopic algae, high in protein. Pure cultures of the plant are grown as a source of human food. Chlorella is primarily produced in ponds, specially designed for its growth in Asia, where it is a popular food supplement. Chlorella species are widespread in fresh and salt water, and are found in the soil as well.

Several chlorella species are grown in pure cultures for scientific testing; It is one of the most widely used organisms for scientific studies on photosynthesis for example. Chlorella is high in protein, B-complex vitamins as well as chlorophyll. Various chlorella species, while not yet commercially developed, are the subjects of research, especially in Asia. One chlorella strain, for example, has been found to produce high levels of gamma-linolenic acid.

Another marine chlorella species has recently been researched for its effect on the central nervous system and was found to have anti-dopaminergic-type activity. Other studies have shown that certain species may have antibacterial, antifungal and antiviral properties, anti-inflammatory activity, and other pharmacological activity.

Kelp, which includes brown algae, red algae, green algae, and blue-green algae is also a dietary supplement in the green food area. While relegated to the health food realm and ethnic markets in the U.S., kelp is an extremely important food source on a worldwide basis. Global seaweed harvest, used for a range of commercial purposes, is estimated to be at about 3 million metric tons, fresh weight per year! About 40% of that is represented by harvest of Laminaria brown algae kelps in China, and 10% is represented by Porphyra red algae harvests in Japan. Porphyra is the source of nori, perhaps the best known of Japanese kelp foods.

While we as American consumers, tend to view the Japanese as the main consumers of seaweed, China is the world's largest consumer. Seaweed consumption is recorded at least 2000 years ago in China. Various seaweeds appear throughout Chinese ban cao or herbals. At least 74 different seaweed species are currently consumed in China. Over 25,000 people are involved in the growth and harvest of seaweed crops in China for nutritional value.

Let's take one seaweed, Chinese nori (*Porphyra tenera*) and look at it's nutritional value. The protein content of this popular seaweed is comparable to soybeans and six times greater than that of rice, three times higher than wheat and about 1.7 times greater than beef, by weight. The average vitamin A content of Chinese nori is about 76 times higher than that of eggs! Vitamin C content is 1.5 times

greater than oranges, per 100 g. About 75% of the protein and carbohydrates in Chinese nori can be digested by humans. It is also high in calcium, phosphorus and iron. Studies have shown that it has an anticholesterase effect, and may help reduce fatty deposits in blood vessels. Chinese herbals have historically recommended seaweed for reducing blood pressure.

Other kelp species such as bladderwrack (*Ascophyllum nodosum*) are utilized by European populations, particularly in Scandinavian countries, like Norway, it is commercially harvested. This kelp is high in mucilage, as well as iodine, and contains beta-carotene, vitamin B1, vitamin B2, vitamin B12, vitamin C, vitamin D, and vitamin K. Minerals include potassium, calcium and magnesium, in addition to the rich iodine content. Iodine is particularly critical to proper thyroid function. Kelp is considered a much healthier source of iodine than commercial salt.

Finally, the best known of green foods among health food consumers is undoubtedly spirulina. Spirulina is a blue green algae. Spirulina *maxima* is one species commonly grown as a health food. These organisms form corkscrew-shaped filaments, hence the name. When Spanish explorers first arrived in Mexico, they found the Aztecs harvesting spirulina as a food, which was dried to make cheese-like loaves or chips. Spirulina species were also harvested by nomadic groups of the Saharan desert. This single-celled protein source has been sold in the United States for about two decades. Spirulina is about 65% crude protein, consisting of more than 22 amino acids, and is high in B-complex vitamins. Its iron is also in a highly bioavailable form. Manganese, selenium and zinc are among the trace elements found in relatively high amounts in spirulina.

In this modern world we live in, our pace doesn't always allow us the opportunity to eat right. That is one reason why the addition of green foods to the diet in the form of dietary supplements is a smart choice.

.....  
John's Comments:

Green foods are sources of concentrated nutrients; however, few people these days suffer from diseases due to nutrient deficiencies. Most people today suffer from diseases that are due to excesses such as excesses of fat, animal protein, cholesterol and sodium. The above plant foods may not be the most reliable sources of B-12 and in cases of serious B-12 deficiency should not be used as the only source of B-12.

## Your Good Health Values For May/June

As Part of Our California Radio Network

Your Good Health Club Card is worth a 10% Discount on the products listed in this newsletter at these fine stores

### Mill Valley

Living Foods  
149 Throckmorton  
(415) 383-7121

Whole Foods Mkt.  
414 Miller Ave.  
(415) 381-1200

### Burlingame

Nature's Cupboard  
1314 Burlingame Ave.  
(415) 344-6279

### Sunnyvale

Nature's Cupboard  
1257 S. Mary Ave.  
(408) 749-0232

Healthway Natural  
Foods  
299 E. Washington Ave.  
(408) 738-4792

### San Mateo

Heide's Healthway  
86 E. 3rd Ave.  
(415) 344-2710

Cochranes Health Food  
251 East 3rd St.  
(415) 347 1813

### Menlo Park

Whole Life Natural  
Foods  
656 Santa Cruz Ave.  
(415) 325-6828

### San Carlos

Whole Life Natural  
Foods  
744 Laurel  
(415) 593-7927

### Lodi

Sonshine Nutrition Ctr.  
6 N. School St.  
(209) 368-4800

### San Jose

Good Life Nut. Ctr.  
437 South Kiley  
(408) 747-7814

Bee Hive Country Store  
5807 Winfield Blvd.  
(408) 224-3531

Down To Earth  
545-C Maridian Ave.  
(408) 993-2211

Walden Farms  
311 N. Capitol Ave.  
(408) 258-1933

Cahalan Health Food  
6067 Cahalan Ave.  
(408) 227-5453

### Los Gatos

Vitamin Center  
427 N. Santa Cruz Ave.  
(408) 395-7670

### Mountain View

Bumble Bee Nut. Ctr.  
601 Escuela Ave.  
(408) 968-3131

### Santa Barbara

Lazy Acres  
302 Meigs Rd.  
(805) 564-4410

### Simi

Lassen Family  
2955-A4 Cochraw St.  
(805) 526-9287

### Lancaster

The Whole Wheateary  
44264 N. 10th St. West  
(805) 945-0773

### Los Angeles

Rainbow Acres  
13208 Washington Bl.  
(310) 306-8330

Rainbow Acres  
11665 Santa Monica  
(310) 444-7949

### Erewhon

7660 Beverly Blvd.  
(213) 937-0777

### Santa Monica

Montana Natural  
928 Montana Ave.  
(310) 395-2059

### San Juan Capistrano

Boney's Market Place  
32382 Del Obispo  
(714) 661-4881

### Marina Del Rey

Rainbow Acres  
4756 Admiralty Way  
(310) 823-5373

### Thousand Oaks

Lassen Family  
2857 E. Thousand Oks.  
(805) 495-2609

### Ventura

Lassen Family  
4013 E. Main  
(805) 644-6990

### Oxnard

Lassen Family  
3471 Saviors Rd.  
(805) 486-8266

### Camarillo

Lassen Family  
2207 Pickwick  
(805) 482-3287

### El Cajon

Boney's Market Place  
152 North Second  
(619) 579-1062

### Poway

Boney's Market Place  
13536 Poway Rd.  
(619) 486-7851

### Pacific Beach

Boney's Market Place  
1260 Garnet  
(619) 270-8200

### Escondido

Boney's Market Place  
510 W. 13th Street  
(619) 745-2141

### Oceanside

Oceanside Nutrition  
Ctr. (Casa de Nutricion)  
108 N. Freeman  
(619) 722-5445

### Manhattan Beach

Rainbow Acres  
1203 N. Sepulveda  
(310) 545-9434

### Costa Mesa

Mother's Market  
225 E. 17th  
(714) 548-4279

### Huntington Beach

Mother's Market  
19770 Beach Blvd.  
(714) 963-6667

### Auburn

Sunshine Natural Foods  
2160 Grassvalley Hwy.  
(916) 888-8973

### San Diego

Boney's Market Place  
6091 University  
(619) 582-4343

Boney's Market Place  
3332 Sandrock Road  
(619) 565-1714

Boney's Market Place  
734 University Ave.  
(619) 295-4569

Greentree Grocers  
3560 Mt. Acadia St.  
(619) 560-1975

Courtlands Natural and  
Fine Foods  
8704 Lake Murray  
(619) 463-7267

Boney's Market Place  
3358 Governor Dr.  
(619) 457-5006

### Encinitas

Casady's Whole Foods  
284 N. El Camino Real  
(619) 436-3663

Casady's Whole Foods  
745 1st  
(619) 634-1145

### Chula Vista

Boney's Market Place  
362 "F" Street  
(619) 476-1032

### Vista

Boney's Market Place  
705 E. Vista Way  
(619) 758-7175

### La Mesa

Boney's Marketplace  
4630 Palm Ave.  
(619) 460-7722

Thank You!

Thank You!

## Your Good Health Values For May/June

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#### San Francisco

Real Foods  
1240 Sutter Street  
(415) 474-8488

Real Foods  
1023 Stanyan  
(415) 564-2800

Real Foods  
3939 24th Street  
(415) 282-9500

Real Foods  
2140 Polk Street  
(415) 673-7420

Buffalo Whole Foods  
1058 Hyde St.  
(415) 474-3053

Buffalo Whole Foods  
598 Castro St.  
(415) 626-7038

The Straw, The Jar  
and The Bean  
2047 Fillmore St.  
(415) 922-3811

West Portal Nut. Ctr.  
163 W. Portal Ave.  
(415) 664-0700

#### San Francisco

Sunshine Health Food  
98 Battery St.  
(415) 788-1382

Daily Health  
1235 9t Ave.  
(415) 681-7675

Total Life Health Foods  
1757 Taravel  
(415) 681-5544

Sunshine Health Food  
One Embarcadero Ctr.  
(415) 788-1380

Oakland  
Rockridge Ctr. Health  
Food  
5114 Broadway  
(510) 653-0642

Piedmont Natural Foods  
4094 Piedmont Avenue  
(510) 654-1155

Lakeshore Health Food  
3331 Lakeshore Ave.  
(510) 452-1079

Sunshine Health Food  
1905 Franklin St.  
(510) 763-9654

#### Palo Alto

Whole Foods Mkt.  
774 Emerson St.  
(415) 326-8666

Concord  
Harvest House  
2395 Monument Blvd.  
(510) 676-2305.

Berkeley  
Whole Foods Mkt.  
3000 Telegraph  
(510) 649-1333

Living Foods  
1581 University Ave.  
(510) 549-1715

Goodsons Health Food  
2165 Shattuck Ave.  
(510) 653-0642

Los Altos  
Peggy's Health Food  
151 First St.  
(415) 948-9191

Happy Shopping!

#### Redwood City

Whole Life Natural  
Foods  
344 Westside Plaza Ctr.  
(415) 364-4946

Mollie Stone's  
520 Woodside Rd.  
(415) 365-8300

Apple Health Food  
1011 El Camino Real  
(415) 368-3124

Fremont  
Lloyd's Natural Foods  
39145 Fremont Hub  
(510) 792-3000

Hayward  
Kraski's Nutrition  
Center  
22491 Foothill Blvd.  
(510) 581-2608

Alamo  
Natural Temptation  
190 A Alamo Plaza  
(510) 820-0606

El Cerrito  
Rose Brand Natural  
Food  
230 El Cerrito Plaza  
(510) 524-2494

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\$2 Cash  
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\$33 Value Inside



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## Your Good Health Club Card

THIS CARD ENTITLES THE BEARER TO 10% OFF  
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GOOD ONLY AT PARTICIPATING RETAILERS.  
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VALID THROUGH JULY 31, 1994

## The Radio Show

<p><i>Your Good Health</i> with Dr. John McDougall is a CPMI production.</p> <p><b>Listen</b> Sundays 7-9 pm live on these fine radio stations.</p> <p>To ask your medical questions live and on the air, call (800) 570-TALK.</p>	KABC	790	AM	Los Angeles
	KSFO	560	AM	San Francisco
	KSDO	1130	AM	San Diego
	KSTE	650	AM	Sacramento
	KNWZ	1270	AM	Palm Springs
	KQMS	1400	AM	Redding
	KSCO	1060	AM	Monterey/Santa Cruz
	KVEN	1450	AM	Oxnard/Ventura
	KVON	1440	AM	Napa
	KGLW	1340	AM	San Luis Obispo
KUHL	1440	AM	Santa Maria	
KYOS	1480	AM	Modesto/Merced	
KINS	980	AM	Eureka	
KMJ	580	AM	Fresno	
KSRO	1350	AM	Santa Rosa	

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## Price and Order Information

### Books

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### **To Order**

Mail:  
John McDougall, MD  
P.O. Box 14039  
Santa Rosa, CA 95402

Call:  
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Fax:  
(707) 576-3313

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