



YOUR GOOD HEALTH

THE NEWSLETTER WITH DR. JOHN MCDUGALL

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JULY/AUGUST 1994

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New Foods From The Expo West

By Mary McDougall

On March 10-13, 1994, we attended the Natural Products ExpoWest Convention in Anaheim. Merchandisers from all over the country showed off their new natural food products. Many of these are on the market now and others will be out in the near future. There was an unmistakable emphasis toward fat-free and dairy-free merchandise. Gone are the days when health-foods and vegetarianism meant cheese, eggs, and olive oil. Consumer demand has steered food manufacturers to produce foods that are not only convenient, but also help us regain our lost health and appearance.

BREAKFASTS

Starting with breakfast, there are several new fat-free breakfast bars for breakfast on the run and quick cereals. Most of these products use fruit juice or other simple sugars for sweetening. The simple sugars are a drawback for people trying to lose weight (sugar spares fat loss) and for those trying to lower triglycerides.

Examples of new products: Barbara's Natures Choice Cereal Bars: Fat Free; Blueberry, Raspberry, Strawberry, Apple (You

can put these in a toaster oven for a warm breakfast, or eat them right out of the package. (Our daughter likes the strawberry ones the best for a quick afternoon snack.)

Natures Warehouse Start Wells Breakfast Bars: Oatmeal Date, Berry

Health Valley Fat Free Breakfast Bars

Barbara's Multigrain Shredded Spoonfuls is a hearty and delicious cold cereal.

Country Choice (American Cereal Corp.) makes oat cereals, both old fashioned and quick.

Two instant oatmeal varieties—Maple and Brown Sugar (our 11 year old son's favorite), and Apples and Cinnamon—are sure to be a hit with your children.

BEVERAGES

There are two new beverages out from Eden Foods. Eden Rice Beverage is their new rice milk. I tried some at the Expo and it was very good. They also make Eden Blend, a combination of rice and soy.

Grainaissance has a couple of products out that you don't want to overlook because they are unfamiliar. Amazake is a rice

drink that is either sold fresh or in aseptic packs. Some of the choices contain almonds (conscious of my waistline, I avoid these high-fat items). They also make an all rice drink and one that contains apricots—both fat free. Grainaissance also makes bake and serve rice squares called Mochi. Years ago I ate the Raisin Cinnamon ones for breakfast. I learned something new about how to use Mochi at the Expo. If you cut it into bite sized pieces before baking, it puffs up into little “pillows” that make a delicious snack food or can be used as dumplings in soups. Try their new Pizza Mochi!

DRESSINGS AND SPREADS

Kozlowski Farms: No Oil—Fat Free Dressings; South of the Border (white wine vinegar with fresh green chiles, cilantro and over 10 herbs and spices that will send one's tastebuds South of the Border), Honey Mustard (mild, yet full of flavor. White wine vinegar with a dash of garlic and real honey), Zesty Herb (blend of basil, garlic, dried tomato bits, pepper and herbs and spices) and Sesame Seed (Use to add an orientia flair to your dishes. Has white wine vinegar, orange juice and lemon concentrate, curry, ginger, soy sauce, sesame seeds. This one is low fat—1% per serving). Rising Sun Farms Oil Free Salad Vinaigrettes and Marinades: Raspberry Balsamic, Garlic Lovers (try this on pasta), Dill with Lemon, Honey & Mustard. Ayla's Organics: Salsa; Garlic, Tomatillo, Picante Dressings; Oil Free Sauces; Cajun, Curry, Szechwan, Thai
Westbrae: Fat Free Barbeque Sauce; Original, Zesty Hain Fat Free Salad Dressing Mix: Italian, Herb (These are dressings that you mix up yourself. They used to be available several years ago, but then they took them off the market. I'm glad to see they're back. The Italian was always my favorite.)
Organic Gourmet: Miso Paste; Honey, Apple (great for adding flavor to soups and sauces) Tofu Seasonings (add to tofu before cooking).

SOUPS AND MIXES

Soups and mixes are convenient to have on your shelf

for a quick, easy to fix meal and as great toppings for baked potatoes (We like the bean and/or rice soups for toppings).

Casbah Timeless Cuisine: Moroccan, La Fiesta, Pasta Fasul, Jambalaya (These are all very good, well seasoned, but not too spicy.)

The Spice Hunter: Moroccan Couscous, Mediterranean Minestrone, Cantonese Noodle Soup, French Country Lentil, Kasba Curry, Mandarin Noodle Soup (These are also good. I like the noodle soups the best.)

Nile Spice Soups: Lentil, Black Bean, Split Pea (Try these over baked potatoes)

Nile Spice Pack It Meals: Black Bean, Minestrone, Red Beans & Rice, Lentil Curry Couscous (This was the first time I had ever heard about these. They are for cooking outdoors over a camp stove.)

Fantastic Foods:

Rice & Beans (many flavors—all good over baked potatoes)

Ramen Noodles (The only one I have tried so far is the Chicken-Free and it was delicious.)

Lundberg Farms:

One-Step Entrees; Chili, Curry, Basil (I have tried the chili, it was superb wrapped in a tortilla with tomatoes, onions, salsa.)

Casbah Timeless Pilafs: Couscous, Lentil

Westbrae Natural :

Organic Canned Beans

Organic Mustard

Ci Bella Fat Free Pasta Sauce

Bearitos:

Fat Free Soups

Beans & Rice; Cuban Style, Cajun Style, Mexican Style (Hearty with plenty of flavor)

Bean Dip

Fat Free Refried Beans (For quick burrito meal.)

Fat Free Baked Beans

Cedarlane Foods: Fat Free Whole Wheat Tortillas

PASTAS

Three companies at the Expo showed pastas made from certified organic wheat. I have not tried Mrs. Leeper's Pasta, yet, but both Eddie's Organic Pasta, and Michelle's Natural 2 Minute Organic Pasta are great. My 11 year old son likes to eat them plain, no sauce.

*New
Products
From The
Expo*

*continued
from
page 1*

(continued from page 2)

"FAKE MEATS"

"Fake meat" products that are fat free can also taste good. These are especially popular with kids or with people just changing their diets and missing that "meaty" taste. However, we are at a stage in our diet where if they look and taste too much like meat we find them repulsive.

Boca Burger Co: Boca Burgers (Really taste like meat)

Yves Veggie Cuisine:

Deli Slices, Veggie Pepperoni, Veggie Wieners, Chili Dog (all fat free)

Original Bagel Dog, Chili Bagel Dog (Bagel dogs are veggie wieners wrapped in a whole wheat bagel, just heat and eat.)

Turtle Island Foods: Superburgers

Lightlife: Lightburgers (For those of you missing your burger, I tried one of them at the Expo and it was close enough to the real thing for me!)

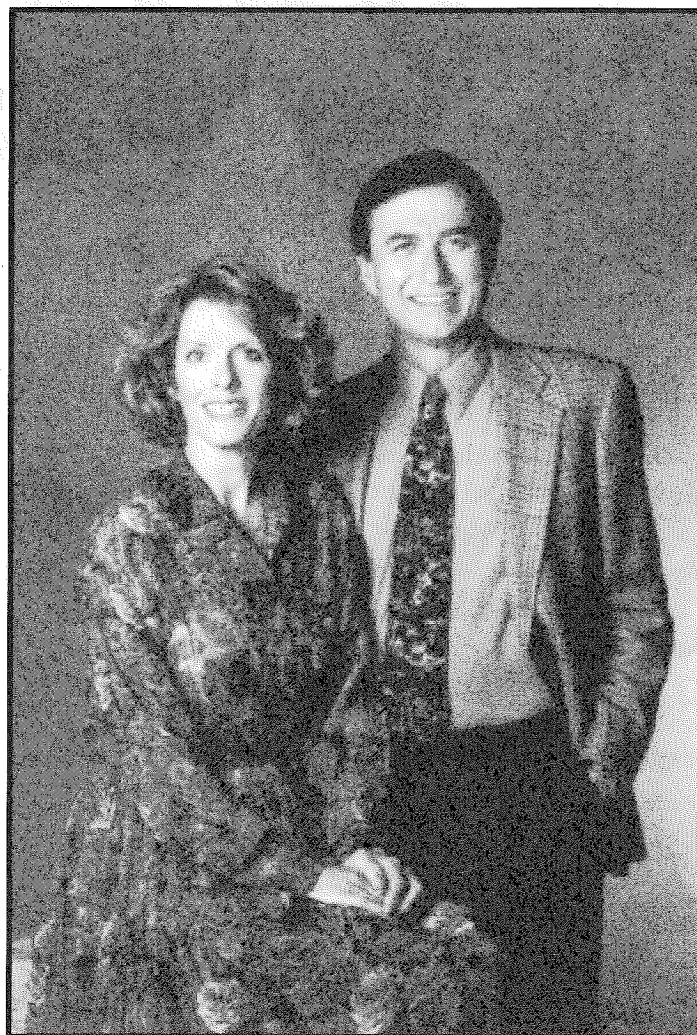
Knox Mountain Farm:

Wheatballs

Chick'n Wheat

Not-So Sausage

(These are dry mixes that you make into patties) (continued on page 4)



Mary and John McDougall

The
M^{cDOUGALL}
Program

HEALTH

&

WEIGHT LOSS

C L A S S E S

COSTA MESA

Sunday, July 24

10:00 AM to 11:00 AM

Book Signing at

Mother's Market

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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 Inn

Costa Mesa, California

SAN DIEGO

Saturday, August 20

12:00 PM to 4:00 PM

Mission Valley Marriott

Mission Valley, California

SACRAMENTO

Sunday, August 28

12:00 PM to 4:00 PM

Radisson Hotel

Sacramento, California

LOS ANGELES

Saturday, October 8

1:00 PM to 5:00 PM

Westin LAX

Los Angeles, California

SANTA ROSA

Sunday, October 9

1:00 PM to 5:00 PM

Luther Burbank Center

L E A R N

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SHOPPING

COOKING

EATING OUT

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SNACK FOODS

The snack food selections have been the biggest area of growth in the health food industry—you no longer will feel deprived at all. There are fat-free potato chips, fat-free tortilla chips, along with a wide variety of crackers, rice cakes and an assortment of dips and salsa to serve with them.

Hain Pure Foods: Fat Free Bean Dips

Guiltless Gourmet:

No Oil Tortilla Chips, Bean Dips, Salsa

Bearitos:

Baked Harvest Snackers; Caramel, Original

Auburn Farms:

Fat Free 7 Grainers, Spicy 7 Grainers (except Pizza)

RW Frookie: Fat Free Crackers; Frisps

Mexi-Snax: Bake-itos Baked Tortilla Chips

DESSERTS

I'm not a dessert lover so
you'll have to evaluate these for yourself.

Auburn Farms: Fat Free Jammers Brownies

Natures Warehouse: Fat Free Fig Bars

RW Frookie: Fat Free Cookies, Cool Fruits Fruit
Juice Freezers

Grainaissance: Amazake Pudding, Lemon

Lundberg Farms: Elegant Rice Pudding, Cinnamon
Raisin

Ferraros: Natural Juice Sticks (frozen)

J & J Snack Foods Corp: Luigi's Real Italian Ice

Hain Pure Foods: Super Fruits Dessert Mix

AH!Laska: All Natural Chocolate Milk Mix (A dairy-free product that you mix with soymilk or rice milk to make a chocolate drink. I tried some of this mixed in Vitasoy soy milk at the Expo and it was incredibly delicious!)

Natural Food Technologies: Wonderslim (Fat and egg substitute) Low-Fat Cocoa Powder (for baking)

Medical Research Reviewed by Dr. John McDougall

NO PAP SMEARS AFTER FIFTY

"Rationale for stopping cervical screening in women over 50" by W. J. Wijngaarden in the April 1993 issue of the British Medical Journal (306:967) found: "All women over 50 with an adequate history of negative results on smear testing every three years may be safely discharged from further screening if these findings are confirmed in other populations." They studied women with cancer of the cervix diagnosed between 1989 and 1990 in Scotland. Most cancerous changes occurred in women younger than 45 years (711 cases vs 38 cases in women over 45). Of the women over 50 only 26 cases were found and they had not had adequate previous PAP smear testing.

COMMENT:

Papanicolaou smears, commonly known as PAP smears, are part of a routine vaginal examination used to detect precancerous and cancer cells. Cells are scraped with a small wooden stick from a woman's uterine cervix and smeared on a glass slide for examination under a microscope after a stain is applied that enhances the characteristics of the cells.

Preventive guidelines from the American College of Physicians, the Canadian Task Force on the Periodic Health Examination, and other well-known authorities recommend women have PAP smears performed every 3 to 5 years (after 2 negative annual exams) (Ann Intern Med 114:758, 1991). Testing every year in otherwise healthy women offers no survival benefit over testing every 3 years. However, prolonging the interval to once every 5 to 10 years reduces protection from cancer death (Br Med J 293:659, 1986).

Detection and treatment of precancerous lesions of the cervix has reduced the risk of dying from cancer of the cervix. The secret to success is to find the disease before it actually becomes cancer. Once it has all the qualities of a cancer (especially the tendency to invade surrounding tissues and enter blood vessels) then this disease cannot be successfully treated in most cases.

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Medical Research Reviewed by Dr. John McDougall

DIET AND SKIN CANCER

“Effect of a low-fat diet on the incidence of actinic keratosis” by Homer Black in the May 5, 1994 issue of the New England Journal of Medicine (330:1272) found a low-fat diet reduced the incidence of precancerous skin lesions known as actinic keratosis. A group of 76 patients were split in two. The control group ate a diet containing 40 percent of the calories as fat. The experimental group attended eight weekly classes on low-fat eating and followed a fat-reduced diet of 20 percent fat. The number of new actinic keratosis over the next 2 years averaged 10 for the

high-fat group and only 3 for the low-fat group. By the end of 2 years those on the high-fat diet had 6 times more lesions occurring every 4 months than those on a low-fat regime. Those on the low-fat diet, not surprisingly, lost weight during the study.

Cancer growth is believed to be influenced by both calories and the fat in the diet. However, the authors believed the reduction in formation of keratosis was due to the change in fat, not due to a reduction in calorie intake.

COMMENT:

The word “actinic” relates to chemically active rays of the electromagnetic spectrum (sunlight). Exposure of the skin to excessive sunlight, especially in fair-skinned people, causes damage. Following long-term damage from sunlight, yellowish hard plaques, called actinic keratosis commonly develop on exposed skin. These are premalignant lesions. Estimates suggest 1% to 25% of these actinic keratosis will eventually turn into skin cancer. However, it may take 10 years for this transformation to occur. In animal experiments, high-fat diets increase the likelihood of skin cancer developing after exposure to ultraviolet radiation. Many common cancers, such as cancer of the breast, prostate, and colon are believed to be caused, in part, by a high-fat diet.

Fat is only one of the components of rich foods that is believed to encourage the development of cancer. The rich American diet is also high in animal protein which suppresses our cancer-fighting immune system. Anti-cancer substances such as dietary fiber, phytates, phytoestrogens, anti-oxidants and vitamins are low in the American diet.

If scientists really believe a healthy diet can prevent cancer and even change the course of cancers already growing, then why a reduction to only 20% fat? The excuse commonly given for these moderate recommendations is: eating any stricter would be too difficult for most Americans. But we all know that’s not true. It is just as easy to change to a starch-based diet with 7% of the

calories as fat, loaded with all the other components that fight cancer, as to change to a diet of 20% fat diet. Eight sessions is more than ample time to teach people the best diet for cancer prevention and control—The McDougall Program. ☺

Medical Research: Ear Tubes

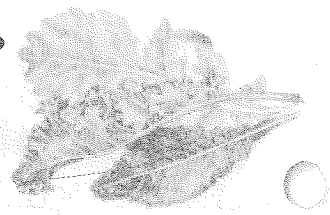
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intermittently opened and the middle ear ventilated allowing fluids to drain out of the middle ear. In most cases this technique can be used for the short period of time most children suffer from otitis media rather than the ear tubes. (But it’s not popular because it takes effort by the patients and their parents, and it’s low-profit for the medical business.)

Medical Research: Pap Smears

(continued from page 4)

Since health resources are not unlimited, early detection methods must be targeted to those most likely to benefit. In the case of PAP smears this applies to women under 50. If a woman has had healthy check-ups every 3 years, she can safely stop having PAP smears after the age of 50. Other excuses, such as early detection of cancer of the ovaries, for having routine examinations in older women are not valid, because early detection has never been shown to improve a woman’s chances of survival (Br Med J 306:1015, 1993). If a woman at any age has signs or symptoms of a problem she should definitely contact her gynecologist for evaluation. ☺



Healthy Recipes

By Mary McDougall



Southwest Jambalaya

4 servings

Preparation Time: 10 Minutes

Cooking Time: 20 Minutes

- 1 round onion, cut in half, sliced and separated into rings
- 1 green bell pepper, chopped
- 1 carrot, cut in half lengthwise, then sliced
- 1 clove garlic, crushed
- 1 bunch green onions, cut in 1 inch pieces
- 1-1/2 cups sliced Napa cabbage
- 1 tablespoon soy sauce
- 1 teaspoon chili powder
- 1 teaspoon basil
- 2 cups chopped plum tomatoes
- 2 cups chopped fresh spinach
- 2 15 ounce cans black beans, drained and rinsed
- 1/2 cup salsa
- several dashes Tabasco sauce
- fresh ground pepper to taste
- 1-2 tablespoons chopped cilantro

Place onions, bell pepper, carrots and garlic in a large pot with 1/2 cup water. Cook and stir over medium heat until onion softens slightly, about 4-5 minutes. Add the green onions, cabbage, soy sauce, chili powder and basil. Cook, stirring occasionally, for 10 minutes. Stir in the remaining ingredients, except the cilantro, and cook an additional 5 minutes. Add the cilantro just before serving and stir to mix. Serve in a bowl, over baked potatoes, or rolled up in a tortilla

Healthy Heart Burgers

12 burgers

Preparation Time: 50 Minutes

Cooking Time: 40 minutes

- 2 cups frozen hash brown potato chunks
- 1 cup uncooked lentils
- 1/4 cup chopped onion
- 1/2 cup quick cooking oatmeal
- 1/2 teaspoon sage
- 1/2 teaspoon thyme
- 1/2 teaspoon marjoram
- 1/4 teaspoon poultry seasoning
- dash or two fresh ground pepper
- dash or two Tabasco sauce (optional)

Place the potatoes in a small saucepan with 2 cups water. Cook, uncovered, over medium heat until potatoes are soft and water has evaporated, about 20 minutes. Remove from heat and set aside.

Place lentils in another saucepan with 2 cups water. Cook, covered, over medium heat until lentils are very soft and water is absorbed, about 40 minutes. Remove from heat and set aside.

Place the onions in a small frying pan with 1/4 cup water. Cook, stirring occasionally until onion is soft and translucent. Remove from heat and set aside.

Preheat oven to 350 degrees.

Combine potatoes, lentils and onions. Mix well. Add remaining ingredients and mix well. Shape into patties on 2 non-stick baking sheets. Bake for 20 minutes, then turn over and bake for an additional 20 minutes.

Serve on a whole wheat bun with all the trimmings, or try them stuffed into pita bread. They are also delicious as an open-face sandwich topped with a gravy or sauce.

Medical Research Reviewed by Dr. John McDougall

EAR TUBES OFTEN INAPPROPRIATE

"The medical appropriateness of tympanostomy tubes proposed for children younger than 16 years in the United States" by Lawrence Kleinman, April 1994 issue *Journal of the American Medical Association* (JAMA 271:1250) found 1/4 of ear tube insertions were done for inappropriate reasons and another 1/3 for equivocal reasons. 6611 children from ear, nose, and throat doctors (otolaryngologists) in 49 states were studied.

Tubes are usually inserted in attempt to reduce frequency of ear infections and hearing loss that may occur with inflammation of the middle ear, by drainage/ventilation of middle ear. Tubes are appropriately used when there is bacterial infection with pus accumulation and drainage is necessary to fight infection. Appropriate indications included: continuing evidence of infection (fever, ear pain and redness of ear drum) despite appropriate antibiotic therapy; acute infection of mastoid bone; acute infection (with pus) of inner ear; and brain abscess. When the ear problem was simply accumulation of fluid within the middle ear (behind ear drum), a condition known as otitis media with persistent effusion, then tube insertion was considered inappropriate.

When there was no recent ear infection, or if there was no trial of prolonged antibiotic treatment (known as antibiotic prophylaxis), then treatment with tubes was considered inappropriate.

With frequent recurrent infections and one episode of infection while on prophylactic antibiotics, treatment benefits were considered equivocal (benefits and risks about equal). When disease of the ear was chronic, then treatment was also considered to be of equivocal benefit.

The authors state, "they (doctors) could virtually eliminate inappropriate tympanoplasty tube placement in children with recurrent acute otitis media and/or otitis media with effusion by deferring surgery in uncomplicated cases until either an effusion persists through a course of antibiotics and at least 90 days of watchful waiting, or until a child with frequently recurrent episodes has a recurrence while on antibiotic prophylaxis."

Common complications of tube insertions include prolonged drainage of the ear, holes in the ear drum that won't close and scarring of the ear drum which may be associated with permanent hearing loss.

COMMENT:

Inflammation of the middle ear known as otitis media affects two-thirds of American children by 2 years of age. This is the most common illness of children and the second most common diagnosis in medicine. The initial therapy prescribed by most doctors is antibiotics. However, the use of antibiotics is controversial and is probably of no benefit in most cases (*Br Med J* 300:1005, 1990; *Lancet* 2:883, 1981). About 85% of children will be free of pain within 24 hours irrespective of whether they were treated with antibiotics or not.

Approximately 670,000 ear tube surgeries are performed each year on children making this the most common operation in children. Parents are often intimidated into the surgery by the doctor's threats that their child will permanently lose hearing and develop language difficulties later in life. Otitis media is not the cause of language or learning disorders and the hearing impairment is temporary in almost all cases (*Br Med J* 293:713, 1986).

You should be asking why the majority of children in our country have recurrent ear infections? Is this some kind of defect in their design? Of course not. Allergic reactions, primarily due to cow's milk proteins, cause the eustachian tubes that connect the throat with the middle ear to swell closed preventing draining of fluids from the middle ear. Stagnant fluid accumulating in the middle ear provides a perfect growth medium for bacteria which cause a painful ear infection.

Other food protein (like egg, beef, wheat and corn) and substances in the surrounding environment, such as molds and dust, can be the source of the allergic reactions that close the eustachian tube. But at the top of the list to remove from your child's diet are foods with dairy protein—skim milk, cheese, whey, ice cream, yogurt, etc. (For a detailed discussion and scientific references see *The McDougall Plan*, New Win, 1983).

A highly effective, self-administered, cost-free treatment that ventilates the ears without tubes is known as the Politzer technique (*Arch Otolaryngol* 104:487, 1978). A one ounce infant nasal syringe is placed in one nostril and inflated; the air is forced into the nose while the child swallows water. The eustachian tubes are

(continued on page 5)

LACTOBACILLUS ACIDOPHILUS SUPPLEMENTS

By Ray Gordon

Acidophilus is one of the types of beneficial lactobacillus bacteria normally found in the digestive tract. Although the word "bacteria" is usually associated with a disease or infection, it should be understood that there are many kinds of bacteria—some beneficial and some harmful. Lactobacillus bacteria are some of the most useful to the body's normal functioning, and they play an important role in maintaining good health.

The Role of Lactobacilli

The term "acidophilus" is often used in a broad sense to refer to any one of several types of Lactobacilli (lactic-acid-forming bacteria). Since more than one of these types of bacteria are useful to man, it is important to distinguish between them to better understand the benefits.

Lactobacillus: The genus name of a type of beneficial bacteria, some species of which are normally found in the human intestine. Certain lactobacillus species are known to promote good health by helping to control harmful microorganisms and by aiding digestion.

L. acidophilus: An important normal inhabitant of adult human intestines. Some strains produce a natural antibiotic and aid digestion, especially of lactose (milk) products. There are over 200 identified strains, each with differing strengths.

L. casei: A type of bacteria with at least three major subspecies. It is a normal intestinal inhabitant in adults. A subspecies (*L. casei* subsp. *ramnosus*) produces natural antibiotics, has good antibiotic resistance and good growth characteristics. It is the most commonly used "acidophilus" supplement in Europe.

L. bifidus: A type of bacteria found in the intestines of infants and young children. May be found in small quantities in adults. Recently reclassified by some as *Bifidobacterium bifidum*.

L. bulgaricus: A type of bacteria usually used in yogurt cultures. Not a normal inhabitant of the intestines unless yogurt is eaten regularly. *L. acidophilus* is not used in commercial yogurt. Certain strains produce at least one natural antibiotic.

Other forms of *Lactobacillus* are used for such functions as cheesemaking and curing sausage, but they are not normal inhabitants of the intestines.

What are "Friendly" Bacteria?

Mankind lives in a complex world of requiring thousands of interactions with his environment daily. Some of these work to his benefit and may be necessary for life. Others

work to man's detriment. The key to successful living and good health is to keep a balance that accentuates the beneficial interactions and controls the negative ones. Mankind has a symbiotic relationship with the major forms of lactic bacteria, in which two dissimilar organisms live together on a mutually beneficial basis. *Lactobacillus* microorganisms are primarily found on the mucus membranes especially in the intestines and the vagina. There they benefit from the proper environment and nutrients required for their growth.

How Do They Benefit Humans?

Lactobacillus microorganisms compete for space and nutrients with other types of harmful or pathogenic microorganisms and prevent them from gaining a foothold. *Lactobacilli* also perform a number of activities beneficial to human nutrition. Experts recommend normal flora (microorganisms) in the intestines should be 85% *Lactobacillus* and only 15% Coliform and other types.

Diet and medical antibiotics impact the *Lactobacillus* balance greatest. *Lactobacillus* microorganisms prefer a slightly acid environment. Diets high in processed foods and meats tend to produce an alkaline environment favoring pathogenic bacteria at the expense of *Lactobacillus*. Diets high in sugars encourage growth of yeasts and other harmful bacteria that compete with *Lactobacillus*.

Antibiotics kill harmful bacteria they are meant to, but also kill many necessary beneficial bacteria too. When antibiotic treatment ends, the most adaptive and opportunistic microorganisms repopulate first, often at the expense of the beneficial bacteria. A *Lactobacillus acidophilus* supplement should be taken along with antibiotics and for several weeks after treatment ends to ensure the replacement of the friendly bacteria. ☺

Ray Gordon has a B.S. in business from Brigham Young University and an MBA from Stanford. He has spent 15 years in Product Development and Marketing in the Food Industry and the last 9 years filling such functions in the Health Food Supplement Industry.

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 McDougall's Comment: *Lactobacillus acidophilus* has been shown to have a variety of human health benefits (*Ann Med* 22:37, 1990). One of the best ways to have a plentiful supply of these helpful bacteria in your colon is to be a vegetarian. Meat eating encourages growth of harmful bacteria that replace *Lactobacillus*. Do not rely on dairy products as a source of this bacteria because of the many health hazards associated with these foods—food allergy, childhood diabetes, arthritis and heart disease. These bacteria can be bought as pills if you feel you need more than you grow on a healthy diet.

Garlic—From Pharoahs to Pharmacists

Information provided by Wakunaga, the makers of Kyolic Aged Garlic Extract

Tremendous evidence supports the invaluable role that garlic has played in the therapy of many diseases since recorded time. Garlic is the best example of the philosophy that medicine should be your food and your food should be your medicine, since garlic has been used to treat and/or prevent a plethora of medical conditions including high and low blood pressure, common cold, asthma, dysentery, gas, tuberculosis and arthritis to name a few.

HISTORY OF GARLIC

As a mainstay in the medicinal arsenal of many past civilizations, including the Egyptians, Hebrews, Chinese, Greeks, Indians and Romans, garlic was found useful in the treatment of various ailments. For example, Dioscorides, Chief Physician to the Roman Army in the First Century A.D., prescribed garlic as an expeller of intestinal worms. He also said that garlic "doth clear the arteries". During the first Olympic Games in Greece, garlic was said to have been ingested by the athletes as an energy stimulant. In China, garlic was recommended for fever, cholera and dysentery. Interestingly, French priests who consumed liberal quantities of garlic during the bubonic plague were found to have a much higher survival rate than their English counterparts. In India, garlic served as an antiseptic lotion for washing wounds and treating snake bites. Finally, during the world wars, Britain, Germany and Russia used garlic for treating battlefield infections with much success.

Recently, the healing powers of garlic have received more credibility as the medical and scientific community have begun to earnestly study this amazing herb. In fact, there have been over 1,000 published studies on this health promoting herb in the last 10 years. What has been discovered is that garlic is truly the king of herbs showing remarkable effects on the immune and circulatory systems.

GARLIC AND THE IMMUNE SYSTEM

Much data strongly supports garlic as an immune enhancer which is effective against infectious diseases. For example, Dr. Tariq H. Abdullah, from the Akbar Clinic and Research Foundation in Panama City, Florida, presented studies on Aged Garlic Extract (Kyolic), at the Fifth International Conference on Acquired Immune Deficiency Syndrome (AIDS) in Montreal, Quebec, Canada, 1989. He found that after a 12-week garlic treatment, AIDS patients noted improvement in various ailments including diarrhea, genital herpes, candida outbreaks and sinus problems with re-occurrent fever. In the Journal of the National Medical Association, Dr. Abdullah is quoted as saying "no other substance, either natural or synthetic can match garlic's proven therapeutic versatility and effectiveness."

Dr. Benjamin Lau, M.D., Professor of Microbiology

and Loma Linda Medical University, and his team published a study in Molecular Biotherapy (1991) comparing immune enhancing effects of various commercial garlic preparations. Among the four garlic products tested, they found that only Kyolic Aged Garlic Extract, showed a significant increase in phagocytic activity of macrophages. Earlier studies by Lau, also published in The Journal of Urology, showed that liquid Aged Garlic Extract completely inhibited the growth of tumor cells whereas the immunotherapeutic vaccine, bacillus Calmette-Guerin (BCG) reduced the size of bladder tumors in mice by only 50%. These studies suggested that Aged Garlic Extract is an immune booster that attracts immune cells to defend the integrity of the body.

A more recent study (1993), published in Cancer Immunology Immunotherapy and conducted by Dr. Reiko Irie, research director of John Wayne Cancer Institute in Santa Monica, CA, and her colleagues verified the immune enhancing effects of Aged Garlic Extract. Interleukin (IL) II, a type of lymphokine (white blood cell) produced by the body, enhances the ability of T lymphocytes to kill tumor cells. However, peripheral T lymphocytes cannot destroy tumor cells by themselves. Only when mixed with IL II do they acquire killer cell activity. (This is referred to as "lymphokine-activated killer cell activity".) Dr. Irie and her colleagues found that in cells incubated with both IL II and Aged Garlic Extract, T lymphocytes killed more tumor cells than did cells incubated with IL II alone. Thus, the same does of IL II, when mixed with Aged Garlic Extract, changed more T cells into killer cells. It is important to understand that lymphocytes generally multiply slowly unless they are stimulated. Although Aged Garlic Extract itself does not significantly stimulate lymphocytes, it does enhance their proliferation in response to the mitogen concanavalin A (an "invader" used in the experiment to illicit an immune response). These observations indicated that Aged Garlic Extract stimulates immune functions by influencing the way T lymphocytes respond to lymphokines and mitogens. This study also showed that Aged Garlic Extract and its constituents significantly increased natural killer cell activity. ☺

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John McDougall's Comments: I often use garlic to help my patients lower their cholesterol. A 9% reduction in cholesterol is seen on the average with daily consumption of 1/2 to 1 clove of garlic. This therapy is highly effective, nontoxic, self-administered and inexpensive. Because there is little profit derived by use of it, we may never realize the full potential for its use.

Your Good Health Values For July/August

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1010 N. Euclid St.
(714) 956-0260

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2160 Grassvalley Hwy.
(916) 888-8973

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

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

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

Burlingame

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

Camarillo

Lassen Family
2207 Pickwick
(805) 482-3287

Campbell

Bread of Life
1690 S. Bascom
(408) 371-5000

Chula Vista

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

Concord

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

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Mother's Market
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(714) 548-4279

Cupertino

Bread of Life
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(408) 257-7000

Downey

Naturway Natural Foods
10309 S. Lakewood Bl.
(213) 869-4918

El Cajon

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

El Cerrito

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

Encinitas

Casady's Whole Foods
284 N. El Camino Real
(619) 436-3663
Casady's Whole Foods
745 1st
(619) 634-1145

Escondido

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510 W. 13th Street
(619) 745-2141

Fremont

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

Green Brae

Bon Air Health Foods
278 Bon Air Court
(415) 461-0761

Hayward

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

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(805) 945-0773

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1512 Foothill Bl.
(909) 596-1575

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Los Gatos

Vitamin Center
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(408) 395-2620

Whole Foods

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(310) 545-9434

Marina Del Rey

Rainbow Acres
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(415) 325-6828

Mill Valley

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149 Throckmorton
(415) 383-7121

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(415) 388-7434

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(415) 381-1200

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(408) 968-3131

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(415) 897-2277

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

Rockridge Ctr. Hlth. Food
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(510) 653-0642

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

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Oceanside Nutrition Ctr.
(Casa de Nutricion)
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Lassen Family
3471 Saviors Rd.
(805) 486-8266

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Pacific

Good Life Natural Foods
80 West Manor Creek
(415) 355-5936

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13536 Poway Rd.
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(415) 365-8300

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

Rohnert Park

Park Plaza
6368 Commerce Blvd.
(707) 584-0357

San Anselmo

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(415) 258-0660

San Carlos

Whole Life Natural Foods
744 Laurel
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Real Foods
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(415) 474-8488

San Francisco

Real Foods
1023 Stanyan
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(415) 788-1382

Sunshine Health Food
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(415) 788-1380

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The Bean
2047 Fillmore St.
(415) 922-3811

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Walden Farms
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(408) 258-1933

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

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

San Luis Obispo
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(805) 544-5330

San Mateo
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(415) 344-2710

San Mateo

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

San Rafael

Real Foods
770 Francisco
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Santa Barbara

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

Santa Maria

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719 E. Main St.
(805) 925-0600

Santa Monica

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

Santa Rosa

Organic Groceries
2481 Guerneville Road
(707) 528-3663

Santa Rosa Health Foods
715 4th Street
(707) 542-0646

Sausalito

Real Foods
200 Caledonia
(415) 332-9640

Sebastopol

Nicoles Health Foods
899 Gravenstein Ave. S.
(707) 823-7715

Simi

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

Sunnyvale

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(408) 738-4792

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

Thousand Oaks

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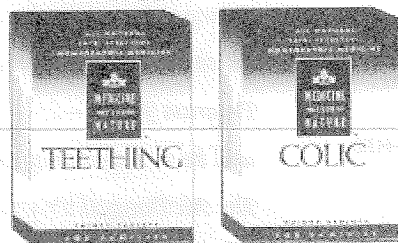
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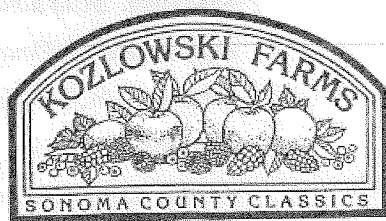
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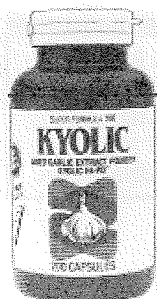
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