



The McDougall Newsletter

THE NEWSLETTER WITH JOHN & MARY McDUGALL

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Make it simple, fast and delicious with these time-savers from Mary McDougall!

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MEAL PLANNING TIPS

QUICK TIPS



Make It Simple

Plan meals as one main dish, possibly adding a simple side dish. For example, a bean soup and bread. Pasta with marinara sauce and a green salad. Resist the temptation to have four course meals--few people will appreciate your efforts.

Start at the Beginning of the Recipe

Many cookbooks tell you to gather all the ingredients before you start cooking. I suggest you get started with a job like sauteing onions, and then going on to gathering other ingredients and doing other tasks.

Have a Cooking Day

Our friend, Cynthia Murata, has always dedicated Sunday to preparing the week's meals for her family. She cooks and does housework at the same time. When she comes home from work during the week, dinner is only a matter of reheating.

Spread the Duties

Make meals more fun and easier by involving friends and family in the meal preparations. This idea can also work outside the home. Make an arrangement with co-workers, friends, and family who live apart to make large enough dishes to share among yourselves.

TIME SAVING APPLIANCES

Rice Cookers Save Time and Energy

Non-stick coated rice cookers cook your rice perfectly every time and keep it hot. Brown rice takes more water to cook. Try putting the water in first then the cup of rice to get the correct amount of water (this order is opposite that found in the instructions for white rice).

Pressure Cooking Saves Everything

Pressure cookers will cut cooking time to a fraction of stove top cooking. For example, pinto bean soup from dried beans in 8 minutes; cabbage soup with rice in 5 minutes; artichokes in 6 minutes instead of 45 minutes on the stove. Most bean, grain, and vegetable dishes lend themselves to this time, energy, cost, and nutrient saving method. There are new stainless steel cookers without the noisy, jiggly tops, too.

Slow Cookers Make Fast Meals

Put your vegetable stew or soup ingredients in a slow cooker before you leave for work. Also, before going to bed at night, add water to whole grains and dried fruits, and a hot breakfast awaits you in the morning.

Microwave White and Sweet Potatoes

In four to five minutes you can cook a potato in a microwave (high setting). You must poke many holes with a fork through the skin before cooking or they will explode.

Microwave Cooking

Casseroles and baked dishes cook in one-fourth the time of a conventional oven. Time, energy, costs, and nutrients are saved. Be sure the door's seal is tight with a microwave leakage detector, so you aren't exposed to the microwaves.

Microwave Popcorn

In three minutes a special cylindrical shaped cooker will have kernels popped into perfectly formed popcorn. Add flavorings, such as soy sauce (finely sprayed from a bottle), nutritional yeast, and garlic powder to your hot popcorn.

Thaw by Microwave

Frozen beans, rice, and vegetables are

NEW BOOK!

THE McDUGALL PROGRAM FOR A HEALTHY HEART is in your bookstores for \$24.95, plus tax. Order before March 15, 1996, and we'll send you a personally autographed copy for \$20 plus \$4 shipping & handling for the first book, and \$2 shipping & handling for each additional copy to the same address. California sales tax applies. See details on page 7.

quickly and easily thawed in 1 to 5 minutes by microwave.

Food Processors Chop Off Time
Onions, carrots, celery, peppers, mushrooms, zucchini, kale, parsley, and cilantro are shredded to bite size in seconds with a food processor.

SHOPPING TIPS

Plan Ahead

Plan your menus for the week. Make a shopping list. Avoid last minute decisions. Avoid impulse buying. Avoid repeat trips to the store for forgotten items.

Organize Your Shopping List

Make a list for each store you plan to shop at—for example, the supermarket and the natural foods store. Group items according to the floor plan of the store to prevent duplication of steps. Start with the first section you come to, then methodically imagine a walk through the store.

Make a Permanent Shopping List

Make a list of all the items you buy regularly, leaving space to add extra items. Have it copied to serve as a starting list each week. Keep the list handy so you can add extra items for your next shopping trip.

Buy Non-perishables in Bulk

Buy large bags of beans, peas, lentils, grains, and potatoes. Store beans and grains in air tight bottles. Store all vegetables and grains in cool dry places.

Buy Bottled and Canned Beans

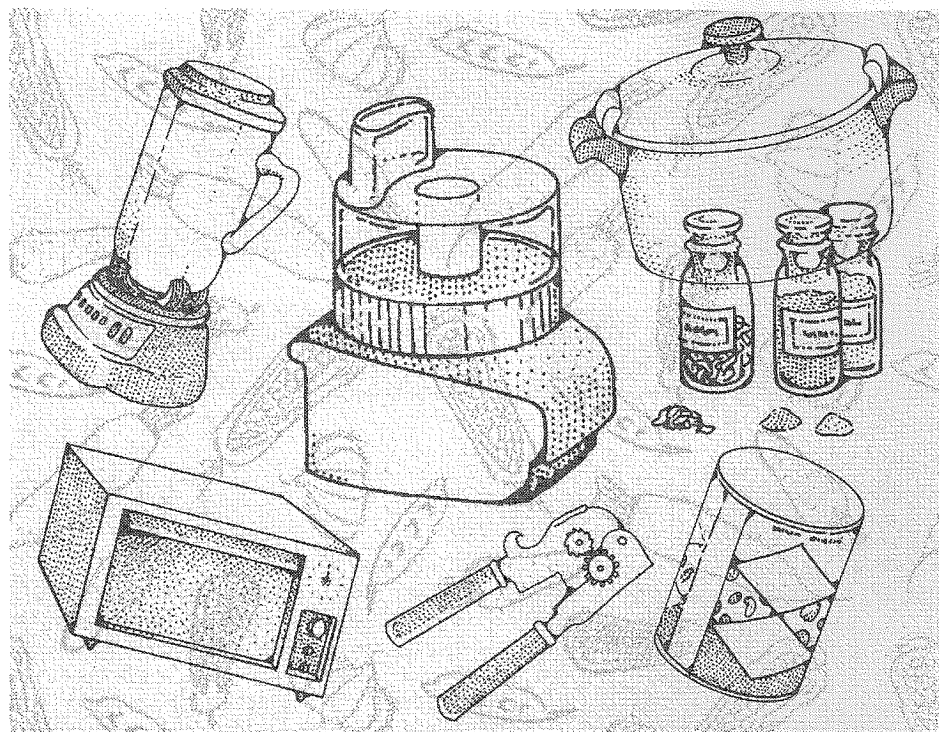
Precooked and even nonfat refried beans can be found in every supermarket. There are black, white, red, kidney and pinto beans. Use them for "almost instant burritos and tortillas" made by spreading whole or mashed beans on a corn or whole wheat tortilla and adding tomatoes, onions, sprouts, and your favorite salsa. Use cooked whole beans for the foundation of cold salads or add them to soups and stews.

Use Already Made Vegetable Broth

Vegetable broth in a can, vegetable bouillon cubes, or vegetable bouillon powder is used as a base for soups and gravies. Try broth for sauteing.

Frozen Vegetables for Soups and Stews

Have your freezer stocked with frozen staples like artichoke hearts, baby lima



beans, black-eyed peas, cauliflower, chopped broccoli, corn kernels, cooked pureed winter squash, chopped spinach, and hash brown potatoes. Boil into delicious side dishes. Add to soups and stews for color, flavor, texture, and body.

Frozen Fruits for Instant Desserts

Frozen fruits, like blueberries, raspberries, and strawberries can be turned into instant fruit desserts. Peel and wrap bananas in plastic wrap. Freeze. Blending in a blender or food processor will make "better than ice cream" frozen smoothies.

Buy Precut Vegetables

The vegetable section of your supermarket has carrots, celery, broccoli, and cauliflower precut for your convenience. Use them raw to make salads or cook for side dishes. Add during cooking to make quick and easy recipes. Frozen vegetables are usually partially cooked.

Triple Washed Spinach and Bagged Salad Leaves

Washing all those spinach and salad leaves is a boring, time-consuming task. Now you just cut to desired size and use in salads, soups, and grain dishes.

Pre-sliced Mushrooms Save a Ton of Time.

Buy mushrooms presliced in boxes in your supermarket right next to the whole mushrooms and never have this tedious job again.

Don't Ever Cry Again with Frozen Onions

Frozen already cut onions (Ore-Ida brand, for example) are found in your supermarket. Use just like you would fresh onions by adding them frozen to your recipes, and cook.

Buy Ginger and Garlic in Bottles

You can buy ginger and garlic ready for use in small bottles in the fresh food section of the supermarket. Use in recipes calling for fresh garlic and gingerroot.

Stock Plenty of Condiments

Have your refrigerator and pantry well stocked with salad dressings, barbecue sauces, steak sauces, salsas, and dried spices to add pizzazz to simple dishes in a hurry.

COOKING TIPS

Use Precooked Beans

Pressure cook or boil a large pot of your favorite beans. Package them in meal size portions in plastic bowls with covers or sealable plastic baggies. Refrigerate or freeze. Use when future recipes call for beans.

Make Frozen Bean Cubes

Mash cooked beans and then store them in ice cube trays or small plastic bags for later use. Add to soups, sauces, or stews for thickening, and more flavor. Add to soups and stews, or use as a base for a grain salad.

Use Precooked Rice

Don't throw that left over rice out. Put it in a plastic baggy, or a bowl with a cover, in one cup portions. Refrigerate or freeze for later use.

Instant Soups for Toppings

Microwave a baked potato, reheat a bowl of rice, or take a plate of cold pasta out of the refrigerator--Now, change these plain starches into a delicious instant meal by topping with an instant soup. The soups are easy to make by simply adding boiling water to the dehydrated contents in the paper cup, stir, cover, and they'll be ready in 5 minutes.

THICKENING TIPS

Thicken by Pureeing

To thicken soups or stews, remove about one-quarter, blend in a food processor or blender until smooth, then return to pot and stir.

Add Body with Frozen Diced Hash Brown Potatoes

Frozen, partially precooked, hash brown potatoes can be added to soups and stews for extra body. As the potatoes cook they soften and break apart, adding body to the dish.

Thicken with Instant Mashed Potatoes

Thicken soups (and sometimes stews) with instant mashed potatoes. Buy a brand made from dehydrated potatoes--no milk, no eggs.

LEFTOVER TIPS

Make Leftover Pancakes

Flatten leftover rice or other grains, or mashed potatoes into pancakes. Next, layer between plastic food wrap or parchment paper. Freeze. Use later by browning on a non-stick griddle or baking in the oven, serving with gravy or sauce (like a barbecue sauce) or top with an instant soup cup.

Make Leftover Vegetable Pancakes

Mix leftover bean or vegetable dishes with bread or cracker crumbs, or oatmeal. Flatten mixture into pancakes and layer between plastic food wrap or parchment paper. Freeze. Use later by browning on a non-stick griddle or bak-

ing in the oven, serving with gravy or sauce (like a barbecue sauce) or top with an instant soup cup.

Make Leftover Roll-Ups

Place leftover bean and vegetable dishes in corn or wheat tortillas. Roll them up and place them in a baking dish. Freeze for later use. Pour enchilada, marinara, curry, or salsa sauce or a gravy over the frozen dish and heat in the microwave.

CONVENIENCE FOODS

Slice Ready Made Polenta Rolls

Found on the supermarket shelves, this is a traditional Italian corn-based alternative to pasta, bread, or rice. Microwave for 60 to 90 seconds, brown on a non-stick griddle for five to ten minutes or bake in an oven for 15 minutes. Serve plain or top warm polenta with sauces and salsas.

Use Instant Rice, Oatmeal, and Potatoes

Whole grain instant rice and quick oatmeal are found on the supermarket shelves and can be made in a fraction of the time as the original grain. Instant mashed potatoes (made without milk or eggs) are reconstituted in minutes with a little hot water.

Make Instant Cup Meals

Soups, stews, and breakfast cereals packaged in thermal insulated paper cups are sold in the supermarkets and natural foods stores. They are made by simply adding boiling water, stir, and wait 5 minutes. Eat for a meal or use soups and stews as a topping for baked potatoes, rice, or

polenta.

Soak Your Pastas and Grains

Couscous (pasta) and bulgur (cracked grain) are quick to fix. Just soak them in boiling water for 10 minutes and they're ready to use to make tabouli, salads, mixtures with vegetables. Use just like you would rice.

Try Bottled Spaghetti Sauces

Both the supermarket and natural foods stores carry many varieties of oil-free sauces. Use as they come over pasta or

"doctor" them up with onions, green peppers, and mushrooms--add your favorite spices. Use sauces in soups and stews for added flavor.

Barbecue Sauces on Everything

One of our favorite uses of oil-free barbecue sauce is with packaged oil-free frozen hash brown potatoes for breakfast (and sometimes dinner). A little tiny bit adds lots of flavor to recipes. Instead of ketchup on fat-free vegetable burgers or hot dogs try a barbecue sauce.

Salsas Liven Up Dishes

There are many salsa flavors and degrees of hotness. Top burritos, tacos, tostadas, salads, and stews with your favorite salsa to turn boring into blazing excitement. Salsa can also be added, while cooking, to soups and stews for more flavor.

Fresh Pasta in 2 Minutes

Fresh pasta made without eggs (basically semolina flour) cooks in 2 minutes in boiling water. Michelle's Natural 2 Minute Pasta (Mrs. Leepers Inc., Poway CA) is found in most natural foods stores.

RESEARCH

FALSIFYING EXPERIMENTS

"Body weight and low-density lipoprotein cholesterol changes after consumption of a low-fat ad libitum diet," by Ernst J. Schaefer in the November 1995 issue of the *Journal of the American Medical Association* demonstrated how force feeding excessive amounts of carbohydrates raised triglycerides (274:1450). However, when people ate normally--they ate only until they were full (ad libitum), then their cholesterol and triglycerides went down, and they lost weight. In 5 to 6 weeks they lost an average of 8 pounds; their "bad" cholesterol (LDL-C) decreased by 24.3%, and their triglycerides remained unchanged. "Good" HDL-Cholesterol decreased by 22.8%.

When they were overfed to a point where the subjects "complained about the quantity of food in their diet and abdominal fullness, and satiety before the end of the meals, making it difficult for them to consume all of the food provided during this phase," then there was an adverse effect on the blood fats. With overfeeding their triglycerides increased by 47.3%. However, even during the forced feeding phase the

total cholesterol (-12.5%) and the "bad" LDL-Cholesterol (-17.1%) decreased.

COMMENT: Why would anyone design an experiment to overfeed people to a point of discomfort? Answer: To prove high-carbohydrate diets are bad for you.

Recently several studies have compared the cholesterol lowering effects of replacing animal fat with olive oil or carbohydrates, and have come to the conclusion that high carbohydrate diets are bad for you because they raise triglycerides and lower "good" cholesterol (olive oil didn't). Along with this research, there has been a resurgence of books advocating high-protein, low-carbohydrate diets to lose weight and become healthier. Many consumers like these diets because they encourage them to eat red meat, chicken, fish, lobster, cheese, and vegetable oils --and they are thrilled to hear they don't have to eat all those whole grains and vegetables. People love to hear good news about their *bad habits*.

Fortunately, this bad rap on carbohydrates is completely untrue. To get these unfavorable results the subjects must be overfed and the carbohydrates they use are mostly simple sugars and highly refined grains--all known to raise triglycerides.

Population studies show people living on high carbohydrate, low-fat diets have low cholesterol and very low rates of heart disease. When these people migrate to rich countries their cholesterol, triglycerides, blood sugars, and body weights go up. So does their risk of heart attacks, diabetes, obesity, hypertension, and many cancers. The high-cholesterol, low-carbohydrate diets advocated in some diet books will cause the same disease.

Don't worry about the "good" HDL Cholesterol going down--it's not a bad sign (*J Clin Invest* 85:144, 1990). It goes down because all fractions of cholesterol decrease as total cholesterol decreases. Worldwide, populations with the lowest "good" HDL-Cholesterol have the lowest death rates from heart disease, and the lowest total cholesterol (*Lancet* 2:367, 1981).

So don't be fooled when you hear people make claims that just don't make sense. These self-serving, and sometimes industry-serving, investigators have put forth tremendous effort to design experiments to give results that can distort the truth (for a while).

MORE BP PILLS KILL

"Diuretics, B-blockers, and the risk for sudden cardiac death in hypertensive patients" by Arno Hoes in the October 1, 1995 issue of the *Annals of Internal Medicine* found two of the most commonly prescribed blood pressure medications doubled a patient's risk of suddenly dying of heart disease (123:481). The authors studied 257 people who had died suddenly while receiving drug therapy for hypertension and compared them with 257 living people treated for high blood pressure, and found 1.8 times the risk of sudden cardiac death with diuretics (non-potassium sparing types) and 1.7 times the risk for B-blockers.

The reason for the increased risk of dying from diuretics was believed to be due to loss of potassium or magnesium caused by the diuretics. With a deficiency of either one of these minerals there is an increased chance of the heart beat becoming very irregular. An increased risk of dying from B-blockers was not expected by the authors, because previous studies have suggested this group of medications protects the heart against irregular rhythms. They could not provide a convincing reason for their findings with B-blockers.

Treatment of high blood pressure is supposed to reduce the risk of dying by 4 deaths per 1000 patient-years. However, the risk of sudden death caused by non-potassium sparing diuretics was increased by 4 deaths/1000 patient years. Therefore, any benefit, from say less strokes, was offset by more sudden deaths.

COMMENT: Blood pressure medications are approved for market based upon their ability to lower blood pressure, not on their ability to prolong the length of or improve the quality of your life. However, a better life is what you are looking for regardless of the number on the blood pressure gauge. In the Sep/Oct 95 newsletter I presented convincing new research showing blood pressure pills classified as "calcium channel blockers" can triple the risk of dying for heart patients. So what's a person with high blood pressure supposed to do?

The only sensible solution is to get healthy and lower your blood pressure without medications. This is easily accomplished with the **McDougall Program** (diet and exercise) by most

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people. Until now, for those who needed extra medical help, I have been recommending B-blockers. Now I don't know what to do. Possibly a class of medications known as ACE inhibitors, shown to prolong lives in patients with kidney disease or heart failure, will be best. I reserve the right to change my opinion on which is the best among the poor choices of medications.

COMBINATION CHOLESTEROL MEDICATION

"Combination therapy with colestipol and psyllium mucilloid in patients with hyperlipidemia" by J. David Spence in the October 1, 1995 issue of the *Annals of Internal Medicine* found a better way to take two commonly prescribed cholesterol lowering preparations (123:493). They studied 121 patients on four different regimes 1) 5 g cellulose placebo; 2) 5 g of colestipol; 3) 2.5 g of colestipol and 2.5 g of psyllium; 4) 5 g of psyllium alone. All taken 3 times daily. The combination of colestipol and psyllium was better tolerated and more effective than either preparation alone. The combination lowered cholesterol about 30 mg/dl (from about 228 mg/dl). Triglycerides increased less on the combination, which is good. And the "good" HDL Cholesterol went up very slightly with all three regimes (but not the placebo).

Just as important, the common side effects of colestipol, like abdominal pain, distention, belching, flatulence, nausea, and constipation were less on the combination. The cost of treatment was almost cut in half with the combination compared to the use of colestipol. Colestipol is much less

expensive than drugs like Mevacor that are often prescribed when people cannot tolerate the colestipol side effects. Thus the combination may save money by making colestipol acceptable.

COMMENT: Lowering cholesterol with diet and medications like colestipol has been shown to prolong lives by the Lipid Research Clinic Coronary Prevention Trial (*JAMA* 251:351, 1984). Only about half the people in this study stuck with the drug, and the average cholesterol drop was about 9%. Data from the McDougall Program shows a 11% drop in cholesterol in 11 days using diet alone (with an even higher initial cholesterol (over 300 mg/dl) the reduction is about 20% in 11 days. However, many people need extra help with their cholesterol to get to an ideal cholesterol of 150 mg/dl or less. This combinations looks like an effective well tolerated choice. (Psyllium is Metamucil and colestipol is Colestid)

LOW BACK PAIN FROM DISEASED ARTERIES

"Can low-back pain be due to lumbar-artery disease?" by Leena Kauppila in the September 1995 issue of the *Lancet* proposes that back disease is actually due to artery disease, similar to a heart attack or a stroke. Each vertebra (back bone) and intravertebral disc receives a blood supply from arteries that arise from the aorta. On autopsy, atherosclerosis is found to be common and severe in these arteries. Degeneration of the discs is known to increase as atherosclerosis of the blood vessels increases (*Spine* 19:923, 1994).

COMMENT: Low blood supply to the discs and bones of the back may cause back pain in the same way low blood supply can cause chest pain (angina) from a poorly nourished heart muscle.

Most people who rupture a disc do so by insignificant movements--they turn, twist, or take a step and their disc ruptures (rarely by heavy lifting or trauma). The only way the discs can burst this easily, is if they were already unhealthy. They have degenerated into this poor condition by progressive closure of the arteries that nourish the disks.

This condition, medically known as degenerative disk disease, can be added to heart attacks, strokes, hearing loss, kidney failure, gangrene, claudication, and impotence as diseases due to hardening of the arteries--which is due to an uncontrolled fork and spoon that can't

keep out of the cholesterol and fat (as well as other destructive habits--eg. smoking). Atherosclerosis is reversible, and I've seen many people find relief from their chronic back pain with a change in diet (the accompanying weight loss also helps). However, collapsed discs and damaged bone can not be expected to reverse.

DIET RESOLVES DIABETIC NEUROPATHY

"Regression of diabetic neuropathy with total vegetarian (vegan) diet" by Milton Crane in the 1994 issue of the *Journal of Nutritional Medicine* found complete relief of the neuropathy in 17 of 21 diabetic patients in 4 to 16 days (4:431). Blood sugars improved by 35%, triglycerides fell by 25%, cholesterol by 15%, and an average weight loss of nearly 12 pounds was accomplished in 25 days. A follow up of 1 to 4 years found continued improvement in all but one patient.

COMMENT: One of the most troublesome complications of diabetes is disease of the nerves of the extremities, known as peripheral neuropathy. The feet and legs are most commonly affected with numbness, or painful burning and severe sharp pains. The pain is often worse at night. There is very little to offer these patients for relief by standard medical care. Pain killers are often prescribed, with severe pain treated by narcotics. Capsaicin, derived from pepper plants is sold as a topical cream (Zostrix), and found to be of some help with diabetic neuropathy.

Fortunately, there is another way to help these suffering people--a low-fat, no-cholesterol, starch-based diet (like the McDougall diet). The benefits are most likely secondary to the almost overnight improvement in circulation that follows introduction to this kind of eating. Further benefits come from the overall improvement in general health--lower blood sugar, cholesterol, triglycerides, etc.--that follows introduction of a healthy diet and lifestyle.



RELIEF OF CHRONIC FATIGUE

"The relationship between neurally mediated hypotension and the chronic fatigue syndrome" by Issam Bou-Halaigah in the September 27, 1995 issue of *JAMA* found the addition of table salt to the diet of people who are chronically fatigued resulted in marked improvement in their symptoms (274:961). Of the 23 people with chronic fatigue 22 had evidence of an abnormally low blood pressure response to being tilted upright. This 96% response to the tilt test was striking.

The tilt test is performed by having the patient lie on his back for ten minutes, the table is then tilted to 70 degrees. An abnormal response was the development of fainting and near fainting with a 25 mm Hg drop in blood pressure.

Of the subjects studied, 61% reported they tried to avoid salt and salty foods in an effort to eat a healthy diet. Nine of the 23 patients reported great improvement or complete relief by adding more salt to the patient's system. This was done by increasing salt intake in their diet and/or giving them steroid medications (fludrocortisone) that cause the body to retain salt. If this didn't work then B-blockers or disopyramide (both heart medications) were used.

The authors recommended, "...patients with chronic fatigue syndrome should not restrict sodium intake; and diuretics, vasodilator medications, and tricyclic antidepressants should be used with caution, since each of these has the potential to exacerbate neurally mediated hypotension."

COMMENT: Chronic fatigue is defined as profound fatigue lasting at least six months and having no known cause. I have had experience with tens of thousands of people on lower salt diets. I can't think of a single person who has developed chronic fatigue as a consequence of reducing their salt intake. However, I would have no objection to someone with chronic fatigue trying more salt. People I've taken care of in the past with chronic fatigue have had very good results from following my program. I believe this is because they have removed some of the common causes of fatigue: food allergy, carbohydrate deficiency, and blood sludging caused by dietary fat. Also they generally feel much better with a good diet and exercise. Depression, commonly confused with fatigue, is frequently relieved with diet and exercise.

MEXICAN PIZZA

Servings: 8
Preparation Time: 10 minutes
Cooking Time: 12 minutes

1 large Kabuli pizza crust
1 1/4 cups nonfat refried beans
1 cup salsa
1/4 cup chopped onion
1/4 cup chopped tomatoes
1/8 cup sliced black olives (optional)
1 tablespoon canned chopped green chilies
1 cup shredded lettuce

Preheat oven to 450 degrees.

Spread the beans over the crust. Spread 1/3 cup of the salsa over the beans. Layer the onions, tomatoes, olives and chilies over the beans and salsa. Bake for 12 minutes.

While the pizza is baking, shred the lettuce. Remove pizza from oven. Layer with lettuce and top with remaining salsa.

Hint: Kabuli pizza crust is made by Dallas Gourmet Bakery and can be found in natural food stores. It contains flour, yeast and salt. The crust bakes crisp and has a delicious flavor.

SOUTHWEST FOUR BEAN CHILI

Servings: 8
Preparation Time: 10 minutes
Cooking Time: 25 minutes

1/4 cup water
1 onion, chopped
3 stalks celery, chopped
1 15 ounce can kidney beans, drained and rinsed
1 15 ounce can black beans, drained and rinsed
1 15 ounce can white beans, drained and rinsed
2 14 1/2 ounce cans Mexican style stewed tomatoes
1 cup each frozen corn kernels and frozen lima beans
1 tablespoon lime juice
2 teaspoons chili powder
2 teaspoons ground cumin
1/4 cup chopped cilantro (optional)

Place the water in a large pot with the onions and celery. Cook, stirring occasionally, for 5 minutes. Meanwhile, drain and rinse the beans. Add remaining ingredients, except cilantro. Cover

RECIPES



and cook over medium heat for 20 minutes. Stir in cilantro, if desired and serve at once.

Hint: This is delicious over baked potatoes, rolled up in a tortilla, stuffed into pita bread, or served in a bowl with a loaf of bread on the side to dunk in the sauce.

ASIAN RICE SALAD

Servings: 4
Preparation Time: 15 minutes (need cooked rice)
Chilling Time: 1 hour

2 cups cooked brown rice
4 green onions, chopped
5 cups loosely packed chopped spinach
1 11 ounce can mandarin orange segments, drained
1 8 ounce can sliced water chestnuts, drained
1/2 cup oil free Dijon style salad dressing
2 tablespoons soy sauce
1/2 cup avocado chunks (optional)

Place the rice in a large bowl. Add the green onions and spinach. Mix well. Add the orange segments and water chestnuts. Toss gently to mix.

Mix dressing and soy sauce. Pour over salad. Stir in avocado, if desired. Cover and chill for 1 hour before serving.

Hint: This should be served about 1 hour after preparing. It becomes soggy after sitting for too long, although I have eaten some leftovers the next day and the flavor was still delicious.



BLACK BEAN SOUP

Servings: 4-6
Preparation Time: 10 minutes
Cooking Time: 20 minutes

1/4 cup water
1 small onion, chopped
1/2 teaspoon minced garlic
3 15 ounce cans black beans
1 1/2 cups water
1 8 ounce can tomato sauce
1/2 teaspoon ground cumin
1/2 teaspoon chili powder
1 teaspoon lemon juice

dash or two of Tabasco sauce
fresh ground pepper to taste
chopped cilantro and green onions for garnish (optional)

Place the water in a large saucepan with the onion and garlic. Cook and stir over medium high heat until onion softens slightly, about 3 minutes. Add remaining ingredients, except the garnish. Bring to a boil, cover, reduce heat and cook for 15 minutes. Garnish with cilantro and green onions, if desired.

Hint: For a thicker soup, remove some of the beans to a separate bowl and mash before returning to pan. This tastes just as rich as if it had cooked all day.

CHINESE NOODLE SOUP

Servings: 4
Preparation Time: 5 minutes
Cooking Time: 15 minutes

6 cups vegetable broth
2 tablespoons soy sauce
1/2 teaspoon minced garlic
1/2 teaspoon minced ginger
5 ounces Chinese noodles
4-5 green onions, sliced into 1/2 inch pieces

Place the broth, soy sauce, garlic and ginger in a saucepan. Bring to a boil, and add remaining ingredients. Reduce heat and simmer for 10 minutes, stirring frequently to break apart noodles.

Hint: To add a bit more character to this soup, I like to add a few canned straw mushrooms, some canned baby corn and a handful or two of fresh chopped spinach. The brand of noodles that I use is China Bowl Select, by China Bowl Trading Co. These can be found in a natural food store.

BULLETIN BOARD

McDougall TV Show

"McDougall" the TV show, began airing 8:00 PM EST (5 PM PST) Sunday evenings on the American Independent Network Nationwide. This half hour show stars who else but John McDougall, MD, with interviews of entertaining and expert guests. You can receive it on your cable dish (302 channel 2), by your local TV stations, or your local TV stations can carry the show independently. Call (805) 373-7680, ask for Chauncy, if you need more information or know of a TV station that would like to carry us.

Las Vegas Health Show

June 17-19, 1996 at Bally's Resort. Get 2 free tickets with any order of McDougall products through our office. Many nationally recognized speakers, including Robert Pritikin, Bernie Siegel, Earl Mindell, Neal Bernard, Julian Whitiker, and John McDougall will be presenting at this show at Bally's Resort. To order books, tapes, or newsletters, or sign up for a class call (800) 570-1654 or write P.O. Box 14039, Santa Rosa, CA 95402.

Upcoming Half-Day Classes

A lively and informative presentation that may change your life! See and hear John and Mary McDougall present the latest information on health and diet. **Call (800) 570-1654 or (707) 576-1654 for reservations**

February 10

Los Angeles: LAX Sheraton

February 24

San Francisco: Unitarian Fellowship Hall

March 3

Santa Rosa: Luther Burbank Center

April 13

Hawaii Prince Hotel

Autographed Copies of the Healthy Heart Book

The McDougall Program for a Healthy Heart is in your bookstores for \$24.95, plus tax. Order before 3/15/96, and we'll send you a personally autographed copy for \$20 plus \$4 S&H for the first book, and \$2 S&H for each additional copy to the same address. CA sales tax applies. This book tells you about your heart, blood vessels, and blood. You learn how to lower blood pressure and cholesterol naturally. The very few honest indications for bypass surgery and angioplasty are clearly explained so you can effectively deal with the medical business. Plus 100 new healthy heart recipes by Mary. Order by calling (800) 570-1654 or write P.O. Box 14039, Santa Rosa, CA 95402.

McDougall Radio Show

FOR YOUR GOOD HEALTH is a syndicated Sunday evening radio show from 7 PM to 9 PM throughout California.

Listen on:

KZST 100.1 FM, Santa Rosa

KLAC 570 AM, Los Angeles

KPIX 95.7 FM, and 1550 AM, San Francisco

KSDO 1130 AM, San Diego (replayed Sunday noon to 2 PM)

KXLY 920 AM Spokane, WA

Dining Out McDougall Style Guide

For Santa Rosa and the North Bay

This guide lists 100 restaurants that serve McDougall-style foods. The items they offer and the prices are included. A further incentive is the more than \$300 worth of coupons provided in the back of the book. Price is \$7.95 plus \$2 S&H and .60 California sales tax.

McDougall's Right Foods

Products will be available by December of 1995 by mail order, with distribution through natural food stores and supermarkets in Northern California beginning early 1996. Distribution will spread throughout the country during the year. Mail or FAX us, and we'll send you an order form. We'll also provide you with ordering information to help you get these meals in your local stores.

Dr. McDougall's Right Foods
101 Utah Avenue
South San Francisco, CA 94080
(415) 635-6000
FAX (415) 635-6010

Instant Oatmeal w/Maple Spice

Instant Oatmeal & Five grains - Apple Cinnamon

Baked Ramen Noodles - Chicken Flavor

Baked Ramen Noodles - Beef Flavor

Mediterranean Pasta & Beans

Rice & Pasta Chicken Flavored Pilaf

Minestrone with Pasta

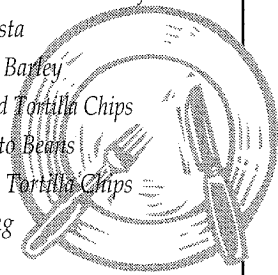
Split Pea Soup with Barley

Tortilla Soup w/Baked Tortilla Chips

TexMex Rice & Pinto Beans

Tamale Pie w/Baked Tortilla Chips

Vanilla Rice Pudding



CRUISE TO COSTA RICA

Final plans are being made for an expedition cruise to Costa Rica July 13 to 20, 1996, aboard the 185 foot cruise ship Temptress Explorer. There is room for only 99 people. We have the whole ship and only McDougall food will be served. On board are biologists and naturalist guides who will be providing daily lectures and tours through the rain forests and other natural sights. There will be leisure time for snorkeling, sailing, scuba diving, water skiing, sea kayaking and walking the beaches.

Details and costs can be obtained by calling Montrose Travel at 1-800-666-8767.

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