

The McDougall Newsletter

THE NEWSLETTER WITH JOHN & MARY McDOUGALL



MARY & JOHN McDOUGALL

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The McDougall Quick and Easy Cookbook

On your bookshelves this July, you'll find our new **McDougall Quick and Easy Cookbook**, and you're going to love it! See page 7 for details.

A SENSIBLE CANCER THERAPY

A low-fat vegetarian diet and a healthy lifestyle should be fundamental parts of every cancer patient's treatment program. This is especially true when the cancers, like breast, prostate, colon, and kidney cancer, are known to be caused, at least in part, by the rich Western diet. But, even cancers caused by other habits, such as smoking, are influenced by diet. For example, 60% of Japanese men smoke cigarettes, yet they have one-fourth the chance of dying of lung cancer as American men. Their healthier diet of mostly rice and vegetables helps them to defend against and to repair the damage from cancer-causing chemicals in tobacco smoke. In addition, lung cancer patients who stop smoking are known to live twice as long as those who continue to smoke.

Unlike other commonly recommended therapies, such as chemotherapy, radiation, and surgery; advice on diet and lifestyle is unique in that it has the potential to do so much good and absolutely no harm. No one throws up, loses their hair, or dies from eating healthy foods. Even if a patient's life were not prolonged (and I firmly believe it will be), the years left will be enjoyed with a higher quality of life. Therefore, all cancer victims should be encouraged by their doctors, friends and families to eat a starch-based diet with vegetables and fruits, exercise, and clean up bad habits.

Most of the scientific research to date on

diet and cancer has focused on breast cancer. But, these same findings can be used to support a healthy diet as an important part of the treatment of other cancer patients.

Animal Studies Support Diet Therapy

Studies on experimental animals, as well as population studies of humans, support a dietary cause for breast cancer. The relationship between total fat intake and incidence of breast cancer in rodents treated with cancer-causing chemicals is almost linear, suggesting a dose-response. Most

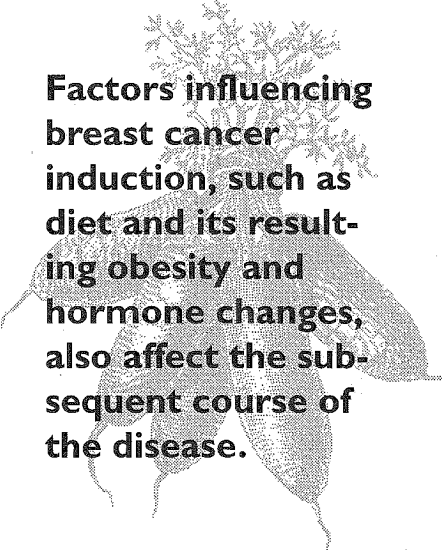
animal studies show that fats and oils promote the growth of tumors and that animals receiving diets higher in cholesterol show more frequent tumors and metastases. A cholesterol-free, fat-free diet retards the growth of tumors in animals and prolongs their survival time. There is a dose relationship here also: the lower the fat in the animals' diets the slower the growth of the cancer (*J Natl Cancer Inst* 87:1456, 1993).

Human Data Supports Diet Therapy

Worldwide there is a lower incidence of breast cancer among women who eat a diet based on plant foods, and a higher incidence in Western countries where a diet of rich foods, high in fats and low in cancer-protective elements found in plants, is consumed. When women move from a country of low incidence to a country of high incidence their risks of developing breast cancer increase.

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Dietary advice about preventing cancer has been proposed by the Senate Select Committee on Nutrition and Human Needs in 1977, the National Cancer Institute in 1979, the National Academy of Sciences in 1982, the American Cancer Society in 1984, and the Surgeon General of the United States in 1988. All these organizations agree that we should cut down our intake of meat, high-fat dairy products, and fats and oils from all sources, and that we should increase grains, fresh fruits, and vegetables in our diets to prevent breast cancer.



Factors influencing breast cancer induction, such as diet and its resulting obesity and hormone changes, also affect the subsequent course of the disease.

Don't Throw Gasoline on a Fire

Factors influencing breast cancer induction, such as diet and its resulting obesity and hormone changes, also affect the subsequent course of the disease. Therefore, the next obvious step is to "stop adding fuel to the fire" and apply the same dietary advice given for prevention to those unfortunate women with this disease. Factors that cause cancer are also believed to encourage its growth. By changing from the rich Western diet that promotes breast cancer to a diet that supports good health, further growth of cancer could be slowed and the woman's life would be prolonged.

Supporting the Host

The clinical course of breast cancer is highly variable. Some women will die soon after the lump in their breast is discovered, while others will survive twenty years or more in apparent good health, only to die eventually from their original cancer. The goal of every cancer patient is to be one of those who lives for many years. The course of breast cancer and, ultimately, the time of death are determined by the patient's ability to resist the aggressiveness of the tumor. This contest is commonly referred to as the **host versus tumor relationship**.

Present modes of treatment, including

surgery, radiation, and chemotherapy, try to change this relationship with methods aimed at removing or weakening the tumor. However, many years of experience with these treatments have been generally disappointing and have left investigators wondering if any real progress has been made in the war against breast cancer. Now it's time to start paying attention to strengthening the host, especially through better nutrition. The data in humans supporting the positive influence of a healthy diet on the survival of women with breast cancer is convincing.

Healthy Women Survive Longer

The rate of progress of breast cancer seems to be predicted by several dietary-dependent risk factors. Overweight women with high levels of cholesterol live half as long as slimmer women who have low levels of cholesterol. Reducing the levels of the hormones, estrogen and prolactin, by means of drugs or surgery can retard the growth of established breast cancer, cause regression of tumors, and prolong survival. All four of these prognostic factors—body weight, cholesterol, estrogen and prolactin levels—can be lowered by changing to a low-fat, starch-based diet. The results would be reflected in a longer life.

Survival of patients with localized breast cancer is 8% to 93% higher in countries with lower fat intake (Japan) compared with those of higher fat intake (United States) (*Breast Cancer Res Treat* 20:73,1991). For example, the five-year survival rate for breast cancer patients in Japan is 74.9 percent as compared with 57.3 percent for breast cancer patients in Boston. Compared to Japanese patients, American patients also have more advanced disease at the time of diagnosis, more aggressive tumors on microscopic examination, and higher rates of recurrence. Japanese women have a considerably lower fat intake in their diets.

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Vegetables Control Cancer

Changing from the typical American diet of 38% fat to a starch-based, McDougall-type diet of 7% fat should make a significant difference in how long you live with breast cancer. However, it's not just the fat that is involved in the progression of cancer. Excess calories, animal fat, vegetable fat, cholesterol, and environmental chemicals are all known to encourage cancer growth, and all of these are found in high concentrations in the Western diet made of meats, dairy, eggs, oils, and highly processed foods. Dietary fiber, antioxidant substances like beta carotene, vitamins C and E, and other phytochemicals are all known to inhibit cancer development and growth, and all of these are found in plant foods.

Scientists propose several mechanisms by which diet could influence the growth or spread of cancer: by affecting the production of reproductive hormones, like estrogens and prolactin, by alteration of the structure of the cell membranes, by changing the number of hormone receptors on the cells, by affecting small hormones called prostaglandins, and by affecting the communication between cells. Anticancer activity found with the plant-derived vitamin, beta carotene, acts as an antioxidant that not only stops the initiation and promotion of cancer, but also inhibits its spread (*Epidemiol Rev* 15:110, 1993).

Studies Supporting Survival Benefits

Consider these findings on the health of breast cancer victims:

******A study from the University of Minnesota, reported in the journal *Cancer* in 1995, of 698 postmenopausal women with breast cancer from the Iowa Women's Health Study found that overweight women have almost twice the likelihood of dying as that of thin women, and that those with the highest fat intake also carried twice the risk of dying (*Cancer* 76:275, 1995). The authors conclude, "Although clinical trials are required, these findings support the hypothesis that a high fat intake is associated with reduced survival of postmenopausal women with breast cancer and suggest that women with breast cancer should consider limiting their intake of fat." To say the least!

******A study from the National Cancer Institute of Canada of 678 women with breast cancer in the 1994 issue of the *Journal of the National Cancer Institute* showed that the five year survival rate was 90%, and that for every 5% increase in saturated (animal) fat intake the risk of dying increased by 50%. The risk of dying seemed to be decreased by more than half with higher intakes of beta carotene and vitamin C (both found only in plants). The more of these vitamins in the diet the better the prognosis (*JNCI* 86:1390, 1994).

****A study from Queen Elizabeth II Medical Center in Australia in the 1994 issue of the *British Journal of Cancer* of 103 breast cancer patients divided into groups based on their intake of the plant-derived vitamin, beta carotene, found after an average follow up of nearly 7 years, 21 had died of advanced breast cancer, but there was only one death in the group of women who had the highest intake of beta carotene. There were eight deaths in the intermediate group, and 12 deaths in the group with the lowest intake of beta carotene. The study concludes, the results may be due to anticancer effects of beta carotene, or this vitamin may simply be acting as a marker for some other cancer fighting factor in fruits and vegetables, or as a marker for diets low in fat-containing foods.**

****A study from the Department of Cancer Prevention, Karolinska Hospital, Stockholm, Sweden of 240 women published in the *Journal of the National Cancer Institute* in 1993 found women following diets higher in total fat, saturated (animal) fat, and polyunsaturated (vegetable) fat experience greater odds of recurrence of disease than those on lower-fat diets. The risk of recurrence was increased by 8% for each 1% increase in total fat intake in their diet (*JNCI* 85:32, 1993). The authors conclude, "Dietary intervention might serve as an adjuvant treatment to improve breast cancer prognosis." A politically correct understatement!**

****A study from the Department of General Oncology, Karolinska Hospital, Stockholm, Sweden of 82 women aged 50-65 years published in the *European Journal of Cancer* in 1993 found on microscopic examination of the cancer cells that those with lower intake of total fat, saturated fat, and monounsaturated fat (olive oil) had tumors with more favorable DNA patterns (euploid DNA). The chances of having an unfavorable DNA tumor pattern (aneuploid DNA) was increased by 16% for each gram of total fat and 30 % for each gram of saturated fat increase. Selenium intake was also reported**

higher in those with more favorable DNA patterns (*Eur J Cancer* 29A:1285, 1993). Selenium is found in plants grown on selenium sufficient soils.

****A study from the Department of Cancer Prevention, Karolinska Hospital, Stockholm, Sweden reported in the *Journal of the National Cancer Institute* in 1989 found the chance of having a breast cancer of less than 2 cm was increased with increasing dietary fiber intake and the chance of having a tumor rich in estrogen receptors (a favorable sign) was greater with higher intakes of carbohydrate (*JNCI* 81:1218, 1989).**

****A study from the National Cancer Institute of Canada of 666 women with breast cancer in the 1988 issue of the *Journal of the National Cancer Institute* found an increase in saturated fat intake was associated with a greater chance of lymph node involvement in women with breast cancer. Lymph node involvement means more advanced disease (*JNCI* 80:81, 1988).**

****A study from the State University of New York in the 1985 issue of the *Journal of the National Cancer Institute* of 953 women with breast cancer estimated the risk of death increased by 40% for each kilogram (2.2 pounds) increase in fat intake per month. Effects of fat were seen mostly for women who already had cancer spread to other parts of the body (*JNCI* 75:37, 1985).**

All of these studies are saying a diet higher in starches, vegetables and fruits and lower in fat-containing meats, dairy and oils will improve the chances for survival for a woman who already has breast cancer. In general, benefits of a healthy diet were seen mostly in postmenopausal women and those with more aggressive disease—as expected, the greatest benefits are seen in the sickest women—needing any possible kind of help. But the benefits are real for all women; it just takes longer to appreciate them for those who are healthier.

Exercise and Good Habits Help Too

Independent of the positive effects of weight loss, exercise tends to lower estrogen and progesterone levels, thereby reducing the risk of breast cancer. A recent study in a 1997 issue of *New England Journal of Medicine* found after studying 25,000 women that those who exercised regularly had a 37% lower risk of breast cancer (*N Engl J Med* 336:1269, 1997). The effect was independent of their diet, body weight, or number of children. Regular exercise was defined as 4 hours a week. Exercise may exert its benefits by decreasing a woman's estrogen levels. Therefore, regular exercise may work in conjunction with a low-fat diet to prolong a woman's life who already has breast cancer. Moderate alcohol intake increases breast

cancer risk. Even two drinks a day can increase that risk by 25%, regardless of type of beverage (*Cancer* 74:1101, 1994). Alcohol raises levels of cancer-promoting estrogen in a woman's body. Alcohol may also damage the liver, interfering with its ability to detoxify cancer-causing substances. The functions of the immune system, as well as the ability of the body to repair DNA, also seem to be impaired by alcohol. Therefore, in conjunction with a low-fat diet and daily exercise, abstinence from alcohol would be expected to prolong a breast cancer patient's life.

The more cigarettes a woman smokes, the greater her risk of breast cancer. Cancer-causing substances from cigarette smoke are found in breast fluids, where they may have a direct carcinogenic effect (*Cancer Res* 40:188, 1980; *JNCI* 76:833, 1986). Therefore, quitting cigarette smoking should also add years to a breast cancer victim's life for many obvious reasons.

Don't Wait for Proof

Better nutrition results in improvement in the quality and quantity of life for women suffering from cancer. Could five years expected survival time be lengthened to ten or fifteen by improving the health of the host? The Woman's Health Intervention Nutrition Study by the National Cancer Institute of 2000 women over 47 years old with breast cancer will show by the year 2000 whether a diet with a target goal of 15% fat will improve the prognosis in postmenopausal women with early and moderate breast cancer. There is no reason for you to wait for the results of this study before changing to a low-fat, starch-based diet and a healthy lifestyle.

People often hesitate to change their diet because they don't think it will make that much difference. A healthy diet and lifestyle are powerful medicine. Besides, a healthy diet does no harm, cuts your food bill by 40%, provides effortless bowel movements, lowers body weight, and reduces your risk of heart attacks, high blood pressure, arthritis, colon cancer, and diabetes, to name just a few benefits. Most importantly, this is one action you can take for yourself to help gain some control of a situation that often times seems hopelessly beyond control. From all points of view, this is sensible cancer therapy.



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RESEARCH

PROGESTINS FAIL TO PREVENT UTERINE CANCER

Risk of Endometrial Cancer in Relation to Use of Oestrogen Combined with Cyclic Progestogen in Postmenopause by S. Beresford in the February 15th, 1997 issue of the *Lancet* found the use of estrogen with progestogen (synthetic progesterone) for more than 5 years was associated with an increased risk of endometrial cancer of the uterus compared to non-users (349:458). The risk was 3.1 times greater for women who used the progestogen for less than 10 days a month and 2.5 times greater for those who used the progestogen for 10 to 21 days a month. Use of estrogens without progestogen was associated with a 4 times increased risk of this cancer.

COMMENT: Estrogen given alone for women trying to reduce their risk of postmenopausal osteoporosis results in 5 to 14 times the risk of cancer of the inside lining of the uterus (endometrial cancer). Women have been taught, and doctors have believed, that the addition of progestogen eliminated the risk of endometrial cancer. This study shows the risk of this cancer is reduced by progestogen, but not eliminated entirely. The longer each month the progestogen was used, the fewer uterine cancers. This may lead some people to conclude that the best way to take estrogen and progestogen is continuously—together, all month long—rather than sequentially. However, this is even more unnatural, since women naturally cycle their estrogen and progesterone levels throughout their reproductive years.

HORMONES AND BLOOD CLOTS

Risk of venous thromboembolism in users of hormone replacement therapy by E. Daly in the October 1996 issue of the *Lancet* found almost four times the risk of a blood clot forming in leg veins among users of hormone replacement therapy (HRT) commonly prescribed at menopause (348:977). However, the absolute risk was only one extra case in 5000 patients due to hormone use. The second study in the very same journal, **Risk of Hospital Admission for Idiopathic Venous Thromboembolism among Users of Postmenopausal Estrogens** by H. Jick found 3 times the risk of blood clots among current users of HRT (348:981). The third study in the same journal, **Prospective Study of Exogenous Hormones and Risk of Pulmonary Embolism in**

Women by F. Grodstein found twice the risk of blood clots to the lungs for users of HRT (348:987). Preparations with the higher doses are associated with the greater risk. The risk is higher near the beginning of therapy.

COMMENT: These results occurred with the use of estrogen alone or in combination with synthetic progesterone. Female hormones cause changes in the tendency of the blood to form clots in the leg veins. Once formed these clots can break off and travel to the lungs where they often have fatal results. An accompanying editorial warned, "Prescribing for purely preventative purposes, without clinical indications, should be underpinned by strong evidence of benefit." In my words—you should not be taking hormones to prevent osteoporosis and heart disease unless you have a strong indication this therapy will benefit you personally; such as, if you have troublesome symptoms of menopause (vaginal dryness or hot flashes), or some indication that you are at a high risk of an osteoporosis-related fracture (based on serial BMD tests or a history of fracture) then the benefits of HRT will likely outweigh the risks—blood clots, breast and uterine cancer, and gallbladder disease. Women with a strong family or past personal history of blood clots, obese women or those with diseases that cause immobility will be at higher risk of future blood clots and should be more likely to decide not to take HRT.

DIABETES AND FIBER

Dietary Fiber, Glycemic Load, and Risk of Non-Insulin-Dependent Diabetes Mellitus in Women by J. Salmeron in the February 12th, 1997 issue of the *Journal of the American Medical Association* found diets with a high glycemic index and a low cereal fiber increase the risk of diabetes in women. Furthermore, they suggest that grains should be consumed in a minimally refined form to reduce the incidence of diabetes. Glycemic index is an indicator of a carbohydrate's ability to raise blood sugar levels. Studies suggest animal fat and lack of dietary fiber decrease the effectiveness of insulin; as a result insulin and blood sugar levels go up.

COMMENT: The rich Western diet high in fat and low in fiber causes insulin resistance—a decrease in the effect of insulin on the peripheral tissues. The result is the blood sugar goes up, and a diagnosis of adult-type diabetes is often made. The treatment can be diabetic pills (but they can increase your risk of dying of heart disease) or insulin. Both drug treatments make you fatter, which will likely make your diabetes worse.

The other route is to change to the diet

opposite of the one this paper believes causes diabetes. Clinical studies show a high-fiber, low-fat diet, like the McDougall diet, can help 2/3 of patients with adult-type diabetes stop insulin and almost all of those on pills to stop, and still end up with a better blood sugar. Exercise also helps. Both diet and exercise cause weight loss which also helps.

DECLINING SPERM COUNTS

Evidence of Deteriorating Semen Quality in the United Kingdom: Birth Cohort Study in 577 Men in Scotland over 11 Years by S. Irvine in the February 24th, 1997 issue of the *British Medical Journal* found the median sperm count fell from 98 million/ml for men born before 1959 to 78 million/ml for men born after 1959 (312:467). The study provides direct evidence of deteriorating semen quality.

COMMENT: This decline in sperm count has been happening in association with an increase in malformations of the male genital tract, such as cryptorchidism (failure of testicle to descend into scrotum) and hypospadias (the urethra opens along the underside of the penis) and a striking increase in testicular cancer. An accompanying editorial titled, **Declining sperm count—environmental chemicals may be to blame**, considers the cause due to the exposure of the developing male fetus to excess estrogen and substances which act against male hormones (antiandrogens). The main metabolite of DDT, DDE, acts as an antiandrogen. Many countries from which we import our fruits and vegetables use tons of DDT. Other chemicals like dioxins are estrogenic.

There are several sources of estrogen: Environmental chemicals attracted to fat are concentrated as they move up the food chain; which means the highest doses are taken into your body by eating meat and dairy products. Milking pregnant cows results in high levels of estrogen in the cow's milk. The high-fat, low-fiber Western diet raises the estrogens levels in a woman's body by several mechanisms (see **The McDougall Program—12 days to Dynamic Health**, page 357). Therefore, the best protection for unborn male children is a diet based on starches, vegetables and fruits. Buy organic fruits and vegetable whenever possible.



The following recipes are taken from *The McDougall Quick and Easy Cookbook*, due for release in July, 1997. Here is a sampling of the recipes from this book, chosen with picnics and light summer meals in mind:

GARBANZO ZIP SALAD

Servings: 1-2
Preparation Time: 5 minutes
Cooking Time: none

1 15 ounce can garbanzo beans, drained and rinsed
1 tablespoon finely chopped onion
2 tablespoons finely chopped cilantro
¼ cup oil free dressing or salsa

Combine all ingredients in a bowl. Enjoy at room temperature or chill before serving, if desired.

This is one of my favorite, easy lunches. By changing the kind of dressing that you use, the salad can be different each time that you make it.

CONFETTI SALAD

This has been a favorite salad of ours for years. It is wonderful to take to a picnic or potluck because everyone loves it.

Servings: 6-8
Preparation Time: 15 minutes
(need cooked rice)
Chilling Time: 2 hours

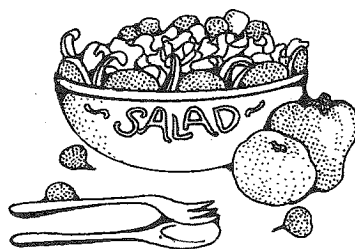
2 cups cooked brown rice
2 cups frozen corn kernels, thawed
1 tomato, coarsely chopped
½ cup chopped green pepper
½ cup chopped green onions
1 2.25 ounce can sliced black olives, drained
¼ cup chopped fresh dill weed
½ teaspoon dijon-style mustard
2 tablespoons water
2 tablespoons wine vinegar
2 tablespoons soy sauce
several dashes Tabasco sauce

Mix brown rice, corn, tomato, green pepper, green onions, olives and dill weed in a large bowl. Set aside.

Place the mustard in a small jar. Add 1 tablespoon water and mix until it is smooth. Add remaining water, vinegar, soy sauce and Tabasco. Mix well. Pour over salad. Toss well to mix.

Cover and chill for at least 2 hours before serving for best flavor. If you're in a rush, it may also be served soon after mixing.

Recipes



POTATO SALAD

Servings: 4
Preparation Time: 15 minutes
Cooking Time: 20 minutes

2 pounds small red potatoes, cut into chunks
½ cup finely chopped onion
½ cup finely chopped celery
½ cup chopped green onions

Dressing:
½ cup fat free OR tofu mayonnaise
1 tablespoon prepared mustard
1 tablespoon soy or rice milk
1 tablespoon parsley flakes
½ teaspoon honey
¼ teaspoon dill weed
⅛ teaspoon salt
several twists of fresh ground pepper

Place the potatoes in a pot with water to cover. Bring to a boil, cover and cook over medium heat until just tender, about 20 minutes. (Don't let them get too soft.)

Meanwhile combine all the ingredients for the dressing in a bowl. Set aside.

When the potatoes are done, remove from heat and drain. Add onions, celery and green onions.

Pour the dressing over the vegetables and mix well. Serve warm or refrigerate up to 24 hours before serving.

Hint: This salad can be varied by adding other chopped vegetables. I sometimes add chopped cucumber, chopped radishes, and grated carrot. This is my family's favorite dressing for potato salad. I may vary the ingredients for the salad somewhat, but I always make the dressing the same. If you have more than 6 cups of vegetable mixture, you may have to increase the dressing measurements accordingly.

DEVILED SPREAD

This makes a delicious filling for pita bread or sandwich bread. Add lettuce, sliced tomatoes, onions, and/or cucumbers.

Servings: makes 1½ cups
Preparation Time: 5 minutes
Chilling Time: 2 hours

1 15 ounce can kidney beans, drained and rinsed
⅓ cup sweet pickle relish
¼ cup fat free OR tofu mayonnaise
½ tablespoon prepared mustard
several twists of fresh ground pepper

Place beans in medium bowl. Mash with bean masher. (Do not use food processor.) Combine with remaining ingredients. Refrigerate to blend flavors.

EGGLESS EGG SALAD

Makes a wonderful sandwich spread or a topping for fat-free crumpets.

Servings: makes 1½ cups
Preparation Time: 10 minutes
Chilling Time: 2 hours

1 10.5 ounce package Mori Nu Lite Silken Tofu (firm variety)
¼ cup finely chopped celery
¼ cup fat free OR tofu mayonnaise
⅓ cup finely chopped onion
2 teaspoons vinegar
2 teaspoons dried chives
½ teaspoon turmeric
¼ teaspoon onion powder
¼ teaspoon garlic powder
¼ teaspoon dillweed
¼ teaspoon salt (optional)

Place the tofu in a medium bowl. Mash with a fork or bean masher until finely crumbled but not smooth. Add remaining ingredients and mix well. Chill before serving to attain the best flavor and bright yellow color.

SUMMER VEGETABLE BISQUE

When fresh tomatoes and zucchini are in abundance, this makes a delicious, easy, satisfying soup.

Servings: 6
Preparation Time: 15 minutes
Cooking Time: 15 minutes

½ cup water
1 onion, chopped
½ teaspoon minced garlic
1 red or green bell pepper, chopped
3 tablespoons unbleached flour

3 cups vegetable broth
2 zucchini, diced
2 cups frozen corn kernels
2 cups chopped fresh tomatoes
1 tablespoon soy sauce
¾ teaspoon ground cumin
¾ teaspoon dillweed
⅛ teaspoon white pepper
1½ cups soy or rice milk

Place the water in a large soup pot. Add onion, garlic and bell pepper. Cook, stirring frequently, for 3-4 minutes. Mix in the flour. Add broth, zucchini, corn, tomatoes and seasonings. Cover, bring to a boil, reduce heat and simmer for 10 minutes. Stir in milk. Heat through and serve.

MISO VEGETABLE BROTH

Servings: 2
Preparation Time: 10 minutes
Cooking Time: 10 minutes

3 ½ cups vegetable broth
1 bunch green onions, chopped
1 carrot, thinly sliced
1 stalk celery, sliced
½ cup vegetable rotelli
½ cup sliced fresh mushrooms
½ cup frozen peas
½ cup frozen corn kernels
1½ tablespoons light miso
½ tablespoon chopped cilantro or parsley

Place broth in a saucepan. Add green onions, carrots, celery and pasta. Bring to a boil, cover, reduce heat and simmer for 5 minutes. Add mushrooms, peas and corn. Continue to cook for 5 minutes. Remove a small amount of broth to a bowl. Stir in miso and mix well. Add to soup along with the cilantro. Mix well and serve.

Hint: This can be a good way to use up some of the vegetables in your refrigerator and freezer. Keep the pieces small or thin so that they cook quickly. Other pastas may also be used for variation.

CREAM OF CELERY SOUP

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

1 onion, chopped
5 ribs celery, chopped
2/3 cup water
3 tablespoons unbleached white flour
1¾ cups vegetable broth
1½ cups rice milk
1 tablespoon soy sauce
several twists of freshly ground pepper

Recipes

Place onion and celery in a pot with the water. Cook until soft, about 10 minutes. Stir in flour and mix well. Add remaining ingredients. Bring to a boil, reduce heat and cook gently for 5 minutes. Remove 2 cups of soup from the pan and place in a blender. Puree, return to pan and mix well. Serve at once.

Hint: Chop the onion and celery in a food processor to save time. This soup is almost always a favorite with children.

SPINACH BUNS

Servings: 6
Preparation Time: 15 minutes
Cooking Time: 2 minutes

6 whole wheat buns
1 15 ounce can garbanzo beans,
drained and rinsed
¼ cup lemon juice
2 tablespoons water
1 tablespoon capers
1 tablespoon balsamic vinegar
½ teaspoon fresh minced garlic
1 6-ounce bag washed baby spinach
several twists fresh ground pepper

Place the garbanzo beans, lemon juice, water and capers in a food processor and process until smooth. Place the vinegar in a medium saucepan. Add the garlic. Stir for 1 minute. Add the spinach and stir for another minute. Season with pepper. Split buns in half. Spread the garbanzo mixture evenly over the top and bottom of the buns. Place the spinach mixture in between, close up and eat.

MEXICAN FRESH TOMATO PASTA SAUCE

Servings: 4
Preparation Time: 10 minutes

4 large, ripe tomatoes, chopped
3 green onions, thinly sliced
1 4 ounce can chopped green chilies
¼ cup chopped cilantro
2 tablespoons lime juice
¼ teaspoon salt
fresh ground pepper to taste

Combine all ingredients in a bowl and mix well. Serve at once over cooked pasta, or let rest at room temperature until serving, up to 1 hour.

BEANS & FRANKS

Servings: 6
Preparation Time: 10 minutes
Cooking Time: 25 minutes

1 cup water
1 zucchini, diced
1 cup frozen diced hash brown potatoes
¾ cup frozen corn kernels
2 15 ounce cans black beans
3 fat free meat free hot dogs
¼ cup barbecue sauce

Place the water in a medium pot. Add zucchini, potatoes and corn. Cook over medium heat for 5 minutes. Add remaining ingredients. Cook uncovered over medium heat for 20 minutes, stirring occasionally. Serve as a stew or use over baked potatoes, toast or whole grains.

BAKED BEANS

Servings: 6
Preparation Time: 15 minutes
Cooking Time: 1 hour

1 onion, chopped
1 green bell pepper, chopped
1 red bell pepper, chopped
3 cans red beans
½ cup brown sugar, firmly packed
⅓ cup prepared mustard
¼ cup molasses

Combine beans and vegetables in a bowl. Combine remaining ingredients in a separate bowl. Pour over beans and vegetables and mix well. Pour into a casserole dish, cover and bake for 1 hour.

FROZEN BANANA SMOOTHIES

Servings: 2
Preparation Time: 5 minutes

1 cup frozen banana chunks
¼ cup frozen fruit (strawberries,
raspberries, blueberries, etc.)
1 cup fruit juice (orange, pineapple,
apple, etc.)

Place all ingredients in a blender jar and process until smooth.

Hint: To freeze bananas, peel, slice into chunks, freeze on a baking sheet, then store in a covered container in the freezer.



BULLETIN BOARD

'97 Cruise to Costa Rica

Cruise the Western Coast of Costa Rica with John and Mary McDougall from August 2 through August 9 aboard the *Tempress Explorer*. Last year's trip was such a success that we decided to repeat it! The food is all McDougall style. All air fare, tours, food, alcoholic and nonalcoholic drinks, and entertainment are conveniently included in the price. Call (800) 570-1654 for information and reservations.



The McDougall Quick and Easy Cookbook

NEW!

On your bookstore shelves this July, 1997, you will find our new quick and easy cookbook, and you're going to love it. When Mary first started writing this book my concern was "without the timely effort these recipes won't taste very good." I couldn't have been more wrong. By using more canned and packaged products, Mary has been able to put together in less than 15 minutes, some of the tastiest recipes you'll ever eat. In addition to great recipes, the book is laid out with snapshots of information on a single page. This format attracts people to read valuable nutritional, health, and cooking information while preparing recipes.

If you would like an autographed copy of our book, please send \$25.95 for each copy (plus \$3.00 postage for the first book and \$2.00 for each additional book for shipping), to:

The McDougall Quick & Easy Cookbook, P.O. Box 14039, Santa Rosa, CA 95402. Please specify to whom you would like the books autographed.

McDougall TV Show on Primestar

"McDougall" the TV show airs across the country on 150 stations. Consult your local directory. Call (805) 373-7681, ask for Chauncy, if you need more information or know of a TV station that would like to carry us.

Free Tickets to "Debating The Zone"

The Zone Diet currently leads in the never-ending rotation of fad diets. Diet gurus who promise weight loss while eating beef, chicken, pork, crab meat, and clams will always be popular among the gullible and uninformed. It is a portion controlled, semi-starvation diet that is very low in dietary fiber, high in fat, and high in animal protein. I will be debating the author of *Enter the Zone*, Dr. Barry Sears, Ph.D., at two Health Shows this year — Boston, July 25 - 27, and Orlando, November 13 - 15. If you would like free tickets to either of these shows please call 800-226-0323.

The Money Show

I will be giving presentations on health at the Money Show—a financial seminar brought to you by the same people as the Health Show. For free tickets, Call (800) 226-0323. Tell them you take *The McDougall Newsletter*.

June 16 - Chicago
August 17 - San Francisco
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Three hundred meatless, dairyless, high carbohydrate and virtually fat-free recipes in the soft cover version of *The New McDougall Cookbook* are now available at a very affordable \$13.95 plus S&H. See page 8 for ordering information or call (800) 570-1654.

Upcoming McDougall Programs at St. Helena Hospital

Call (800) 358-9195 for information and reservations.

12-Day Live-in Programs beginning:

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July 6

August 31

September 21

McDougall's Right Foods

Dr. McDougall's tasty instant vegetarian cuisine is now available in food stores and supermarkets in many locations throughout the country. They also may be ordered by mail and sent factory direct to you - call the toll-free line at

1-800-367-3844 to order or to receive the new Dr. McDougall's Right Foods Color catalog. Also look for them in your favorite store or ask your store manager to carry these healthy vegetarian instant meals.

Dr. McDougall's Right Foods

101 Utah Avenue
South San Francisco, CA 94080
(415) 635-6000 • FAX (415) 635-6010
Toll-Free Ordering (800) 367-3844

On the Web:

<http://www.rightfoods.com>

Most natural food stores already stock our foods - if not, ask them to order. Major stores selling McDougall foods:

CALIFORNIA:

Albertson's
Lucky's
Raley's
Safeway
Vons/Pavillion
Food 4 Less
Wild Oats
Mothers
Hughes
Food for Thought
Whole Foods

COLORADO:

Wild Oats/
Alfalfa's
King Soopers

CONNECTICUT:

Haymarket

WASHINGTON DC:

Sutton Place

FLORIDA:

Publix Markets

ILLINOIS:

Byerlys
Dominick's
Finer Foods
Eagle 90
Franklin Foods
Hyde Park Co-op
Jewel Food Stores
Treasure Island
Foods
Sunset Foods

IOWA:

Cub Foods

KENTUCKY:

Valu Markets

MASSACHUSETTS

Nature's Heartland
Wild Harvest
(Star Markets)

MICHIGAN:

D&W Food Center
Busch's Valueland
Farmer's Markets
Felpausch
Harbor Town
Meijer
Oak Ridge
Vics World
Class Market

MISSOURI:

Marsh
Schnuck Markets

NEW YORK:

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Food Emporium

OHIO

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Chereh Hills
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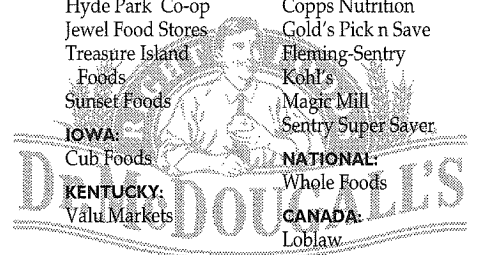
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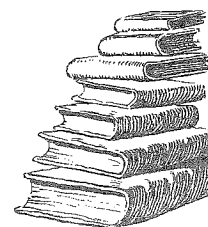
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CANADA:

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Visit us on the Web at <http://www.mcdougall.com>
Our website has all the latest news on McDougall events - classes, trips, as well as McDougall educational materials.