



The McDougall Newsletter

THE NEWSLETTER WITH JOHN & MARY McDOUGALL



MARY & JOHN McDOUGALL

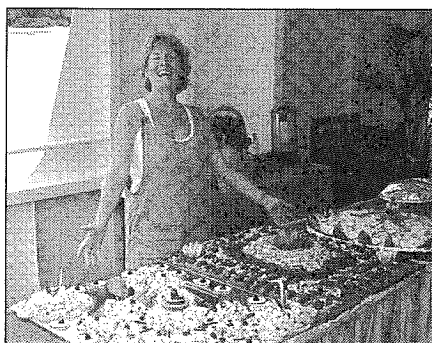
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McDougall Right Foods Availability Grows!

Seven-Eleven Stores and Costco Warehouse Stores are now selling Dr. McDougall's Right Foods Instant Cup Meals!
See page 7 for details.

A VEGAN VOYAGE TO COSTA RICA!

Food is the reason many people go on cruises, but for health-conscious vegetarians the food served on most ships may be the very reason they stay home. One solution to this predicament is to have your own cruise. And that's exactly what we did. In August of 1997 we took 100 people for a week-long adventure up and down the Pacific Ocean coast of Costa Rica aboard the Temptress Explorer. These "vegans for a week" loved the food, fun, and fellowship. I've never seen 100 people smile and laugh so much.

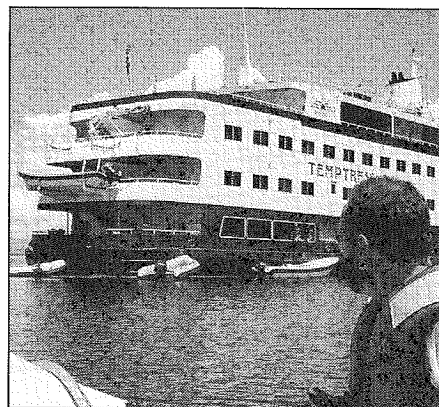
Ann Jones from Olympia, Washington explains the experience this way, "A combination of many things made it a unique experience. To have an opportunity to visit such a beautiful and special country, to be on a ship that moves you to destinations, rather than having to make all the transition travel plans, to have a prepared itinerary of noteworthy places, to have expert naturalists who know their subject and enjoy sharing, and to have food that was beautifully prepared and good for you combined to make this trip an extremely enjoyable one."

We filled the Temptress Explorer to capacity with people who came for many reasons. Over half of our passengers had been followers of the McDougall Program for many years, and a few had been with us on

previous cruises to Mexico, Alaska, and Costa Rica. Many people came looking for encouragement to eat and live healthier. Beginners figured this to be a fun way to learn about and to get started on a healthy vegetarian diet. And a couple of people, who didn't know a McDougall from a barnacle before the trip, were dragged along by well intentioned friends.

Gloria Tomer met us in the winter of 1997 at a McDougall Seminar in Tulsa Oklahoma. After hearing about the cruise she immediately reserved passages for her whole family. She writes, "When we signed up for it last winter we were going largely on faith. We've never been interested in one of the gigantic cruise vacations, and we've always preferred more independent style trips. But 'McDougall' and 'rain forest' and 'small cruise line' and 'very reasonable cost' were the key phrases—so we took a chance. Oh yes, 'scuba' was a very influencing factor for my husband, Mark."

Like everyone else, the Tomers loved the trip. Evan (9 years old) said "It turned out to be such a wonderful adventure of shared memories." Gloria felt, "The real heart of what made this trip so special—the people! We ended up meeting so many fun-loving,



active, interesting people of all ages. It was like grown-up camp."

Making Menus and Meals

The success of this cruise depended upon having great tasting food. Unfortunately, four months before we sailed we lost our McDougall chef from Santa Rosa due to illness. Fortunately, we had a backup plan using, William, a talented chef from the Temptress Explorer who had trained with us on our 1996 Costa Rican cruise. Then catastrophe hit! Just four weeks before we were to leave, we learned that William had taken a job at a restaurant in the capital city of San Jose, Costa Rica. All I could think about was being locked aboard ship for 7 days with dissatisfied passengers complaining about the unappetizing meals.

Our future in cruising hung on solving this potential dining disaster, but we had no chef trained in vegetarian cooking—much less a chef who spoke English. The cruise company realized the central importance of the food and began earnestly working with us to find a solution. Through translators we labored with the ship's head chef, Guillermo to develop an interesting menu. He quickly understood five important principles for our meals: 1) they must be centered around starches, 2) they must contain no oil (which they appropriately call "vegetable grease"), 3) No animal products were allowed, 4) Use whole grain products whenever possible, and 5) provide lots of food because vegetarians have large appetites. We also wanted a few Costa Rican dishes at every meal. Most of all, we expected cruise quality foods, flavorful and attractively presented.

So how'd it turn out?

A Floating Feast

Having only our foods served to all passengers allowed the kitchen staff to focus on preparing only vegetarian meals—and the results were *fabulous*. The strongest testament to the overwhelming success of the meals was the lack of a single complaint from anyone during the whole cruise. Doris Tornroth of San Francisco said "The beautifully presented buffets would make a great postcard for sale to guests. I found almost everything tasty and filling."

Offering only McDougall food helped people learn to like vegetarian dishes quickly—they had no choice. On our previous trips we shared the dining room with carnivores and many of our guests never did make the adjustment. I recall how our less committed vegetarians turned "food traitors" on our trip to Alaska in 1995 when lobster was served at the captain's dinner.

Breakfasts served in the main Quetzal dining room:

tamales made from corn masa and vegetables wrapped in banana leaves with an optional Costa Rican Lizano sauce, potato pancakes with ketchup, the traditional Costa Rican Gallo Pinto (black beans and rice) with salsa and homemade corn tortillas, chopped roasted potatoes, a variety of cold cereals with "Better Than Milk Lite," oatmeal, freshly-baked homemade whole grain bread, and fresh fruits.

Lunch was served on the top deck of the ship or on the beach, buffet-style:

a variety of salads, paprika potatoes, stuffed eggplant, mashed black beans, potato salad, Costa Rican sweet potato pie, pasta and Costa Rican tomato sauce, and vegetarian paella were some of our favorite lunch dishes.

Our first dinner was a beach picnic:

vegetarian hot dogs and burgers provided by Yves Veggie Cuisine were served along with hot dog and burger rolls baked by the ship's pastry chef from a whole grain flour. Typical condiments of ketchup, mustard, onions, lettuce, and tomatoes made these entrees delicious for everyone—even for our passenger who smuggled 2 large salamis on board in his luggage. Three different vegetable and bean salads, corn on the cob, Costa Rican grilled vegetables, and beans and rice completed this meal.

Informal dinners in the Quetzal dining room:

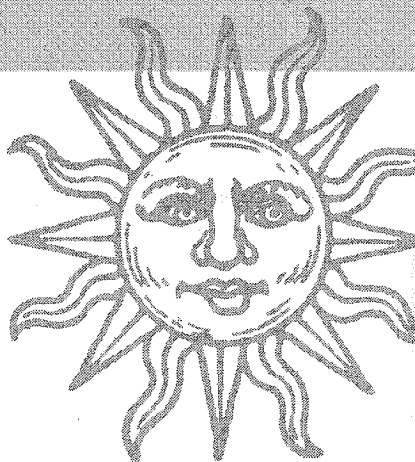
began with a soup like tomato, mushroom, bean, or asparagus soup and an attractive salad, such as hearts of palm with a dab of soy cheese or Green Mango cocktail. The centerpiece of the meals varied each night, such as bean burritos on homemade corn tortillas, stuffed sweet pepper, chopped arracache, lentils, rice with peas, chopped chayote, risotto, seasoned beans, ratatouille, vegetable and bean tamales.

Every lunch and dinner had four side dishes:

black beans and rice (gallo pinto) with a Mexican salsa (pico de gallo), homemade corn tortillas, pasta with tomato sauce, mashed white or sweet potatoes and gravy.

Delicious desserts were served for lunch and dinner:

flamed bananas, mango cake, sweet potato pie, rice pudding, banana cake, baked plantains, coconut cake, and a plentiful supply of mixed fruit.

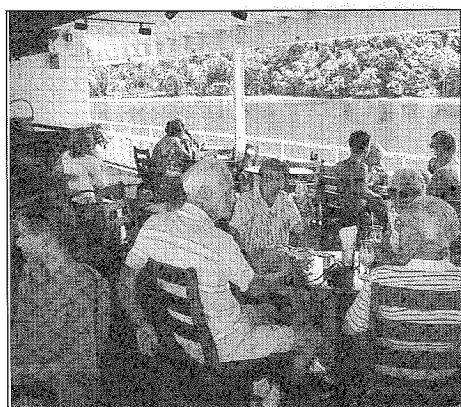


There were two vices we decided not to interfere with on this cruise for fear we would have some serious withdrawal. There was coffee served with all meals, and the bar was open with free drinks from 11 AM until the last person went to bed. Costa Rican wines were served with dinner. At the end of the cruise, expecting to hear the ship's company saved a lot of money on their liquor expenses, I asked Mauricio, the service manager, about the amount of alcohol we consumed. I was surprised to hear our group matched or surpassed most other groups. However, he did mention we more often had our liquor mixed with fruit juice (possibly a small compensation).

On a standard cruise the average gain in weight is 8 pounds in one week. Even with the abundance of delicious foods on our cruise most people lost weight. Mary Jean Dube of Santa Rosa shared her experience, "I discovered after a couple of days I was no longer constantly hungry and craving for food as I usually did. Dr. McDougall told me this was because carbohydrates provided a great amount of hunger satisfaction. I was really inspired when I got on the scale to find I'd lost 3 pounds at the end of the trip, while eating tremendous amounts of food. This must have been an important lesson, because I'm still not eating meat and I'm still losing.

Adventures Galore

Ours was not a sightseeing cruise where you sit in a deck chair and watch the scenery float by. This was an adventure cruise where everyone had active experiences with Costa Rica by land and sea. People paddled kayaks and water-skied from the ship. Children, and a few brave adults, took death-defying leaps from the ship's deck to the warm sea 30 feet below. Snorkeling and scuba diving led to close encounters with (non man-eating) white tipped sharks, sea turtles, barracuda, and an abundance of colorful reef fish. Tom Magnetti of Portage, Indiana, said, "The highlight of the whole trip for me was going into that cave and see-



ing with my flashlight five white-tipped sharks swimming through the darkness." Everyone enjoyed watching the dolphins swim alongside the moving ship.

We visited six national parks and wildlife refuges in seven days. Each day there was an option of three nature hikes through the vibrantly alive rainforests. Jack Dixon of Santa Rosa California said he liked the nature hikes best, "I saw three-toed sloths, white faced monkeys, howler monkeys, coati-mundis, Jesus Christ lizards, cutter ants, Toucans, Scarlet Macaws, bats, and woodpeckers. The naturalist guides made everything so interesting. They had an incredible skill for finding animals hidden in the forest." For many, the waterfall hike was the biggest thrill of their trip. After hiking 2 miles you came to a large pool of water created by water falling over a thirty foot cliff of rocks. The water in the pool provided a comfortable, cool-water massage. Those who went on the horseback ride along the beach are still chuckling over the scene when 15-year-old Sean Graham's horse laid down and rolled over in the stream—with him still in the saddle! The town at Drake's Bay and the village along the Playas Espadilla provided an interesting look at the way the local Costa Rican people live and a chance to buy a tee-shirt and a few souvenirs.

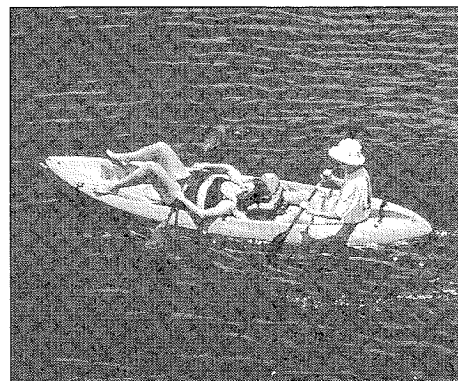
There were also quiet times for reading, relaxing and great conversations.

Instant Shipboard Friendships

This closely bonded group shared common interests. Mary Jean said, "The best thing about the cruise was being around people who were as excited and interested in good health as I am. I got many new ideas."

We helped people quickly learn about each other by taking Polaroid pictures of everyone the first morning and taping them to a wall in the main area of social gathering (the upper deck bar) with their name and short report about their interests. Louise Burk, the McDougall coordinator for the cruise, explained the value of the picture wall, "The result was instant intermingling. There were no cliques formed. Instead people hiked, swam, played cards, dined, and drank with different people all day long. Getting to know everyone."

Ann and Larry Wheat from Tiberon, California liked this cruise so much because, "We got to socialize with Dr. McDougall and his family and hear informative talks about why a vegetarian diet is so healthy."



I gave three lectures, but I only talked until the first person nodded off. Even with my

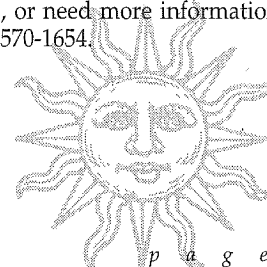
best entertaining efforts, I rarely kept them more than half an hour—they were too exhausted from their daily activities to keep their eyes open.

It was a physically active time for most. If hikes, kayaking, horseback riding, evening dancing, and snorkeling weren't enough, then you could join Jack Dixon, our personal physical trainer, who led a daily 2 hour exercise session. Over half the passengers joined Jack everyday. He also gave private personal consultations to many people.

Next Summer's Adventure Cruises

We're going to cruise with the Temptress Adventure cruise company twice next summer. The fabulous crew and the great destinations are two important reasons we're staying with the same cruise line. The cruise company has ships the size we can easily fill without having to mix our group with non-vegetarians. We have two trips planned for the summer of 1998. June 20th we will be going to Belize and Guatemala. This adventure will take us to the world's second largest barrier reef for snorkeling and scuba diving, and on land tours through Mayan ruins and hikes through the forests. The price for this adventure is \$2595 per person based on double occupancy. This includes airfare from anyplace in the continental US.

August 1st we will be going through the Panama Canal with visits to many sites on the west and east coast of Panama, and possibly western Costa Rica. The price of this trip is still being negotiated with the cruise company, but will probably be about \$2695 per person (double occupancy, includes airfare from continental US). If you would like to join us, or need more information, please call (800) 570-1654.



RESEARCH

IRON FROM STAINLESS STEEL

Increased Iron Content of Food Due to Stainless Steel Cookware by J. Park in the June 1997 issue of the *Journal of the American Dietetic Association* found more than twice the amount of iron in foods cooked in stainless steel saucepans compared to glass dishes (97:659). This amounted to about one milligram (mg) of iron for every 3½ ounces of food. The Recommended Daily Allowance of iron intake is 10 to 15 mg daily. The authors felt this iron could be a healthy advantage on one hand because, "Iron deficiency is widespread and is mostly attributable to inadequate iron intake and poor availability of iron in food," and on the other hand it could be a health hazard because "...research has also raised concern that high iron stores are related to heart attacks and colon cancer." The composition of stainless steel varies from 50% to 88% iron, 11% to 30% chromium, and 0% to 31% nickel.

COMMENT: The body is very efficient at absorbing minerals from the food, therefore in most cases our nutritional needs are easily met. Iron and chromium are nutrients required by our bodies. Signs of nickel deficiency have not been described in humans, however, nickel is believed to be a required nutrient. Most minerals can be toxic when consumed in excess. Low pH (more acidic), higher moisture content, and longer cooking, all increase the iron, nickel, and chromium content of the foods cooked in stainless steel utensils. Many foods, including milk, coffee, and tea inhibit mineral absorption. Most iron deficiency in the Western populations is due to dairy product consumption and to blood loss caused by diseases from eating too much rich food (bleeding from stomach and duodenal ulcers, diverticuli, hemorrhoids, and heavy menstrual periods).

Most people still view iron as a desirable nutrient, however more iron may lead to more heart attacks because iron acts as an oxidant producing free radicals (oxidized molecules) that can injure the inside lining of the arteries, starting and promoting atherosclerosis. One reason often given for why menstruating women have a very low risk of heart attacks is their monthly iron (blood) loss.

In animals, chronic nickel toxicity can produce depressed growth and anemia. Large intakes of nickel by mouth may cause a dermatitis in nickel sensitive people. Chromium has a low level of toxicity, and is of no practical concern for people.

In summary, minerals released into the food by cooking in stainless steel are unlikely to effect your health in any way. For anyone concerned about potential toxicity from metal cookware, the best alternatives are glass, metal cookware coated with a non-stick surface or porcelain. Contact with aluminium surfaces is avoided because of the association with Alzheimer's disease.

The safest way to get your minerals is in plant foods where they are bound in the safe environment of plant tissues, and released in amounts that never cause toxicity, and almost always meet our nutritional needs (the exception is iodine and selenium deficiency in other parts of the world).

CHLORINE AND CANCER

The Association of Drinking Water Source and Chlorination By-Products with Cancer Incidence Among Postmenopausal Women in Iowa: a Prospective Cohort Study by T. Doyle in the July 1997 issue of the *American Journal of Public Health* found an increased risk of colon and all cancers combined with higher intakes of chlorine from drinking water (87:1168). Compared to the lowest intake, the highest exposure had 68% more colon cancer and 25% more cancers of all kinds. The risk rose with increasing dose. These data were collected from 41,836 women enrolled in 1986, when they were between ages of 55 and 69, in a health study in Iowa.

COMMENT: Chlorine is added to drinking water to kill bacteria. Chlorine will react with organic material found in water to form compounds (trihalomethanes) that are known to cause liver, kidney, and intestinal cancer in animals. In humans, these compounds are associated with a 10 to 40% increase in cancers of the bladder, colon and rectum. The compounds act by promoting tumor growth through direct contact with the tissues.

Your drinking water should be from a clean non-chlorinated source. If your city or well water is treated with chlorine, then this may mean you should get bottled water, a distiller, or an effective filter on your water supply. There is even some concern for bathing and showering in chlorinated water, since an increase in melanoma skin cancer and lung cancer (possibly from breathing the vapors) was also found in this study.

ULTRAFAST CT QUESTIONED

Electron Beam Computed Tomographic Coronary Calcium as a Predictor of Coronary Events by A. Secci in the August 1997 issue of *Circulation* found the amount of calcium detected by an ultrafast CT scanner was a weak predictor for heart attacks and death from heart disease (96:1122). They studied 326 high-risk adults using both a 3-mm and 6-mm image-slice thickness and followed them for an average of 32 months. People with higher calcium scores had a greater risk of having heart surgery, but no greater chance of a heart attack or dying than those with lower scores.

COMMENT: The ultrafast CT scanner takes a computer generated x-ray picture of the heart, showing the amount of calcium in the arteries—which is a reflection of the amount of atherosclerotic disease in the arteries. In the September/October 1996 issue of the *McDougall Newsletter* I thoroughly reviewed this test and came to the conclusion that this examination could be useful for motivating people to eat healthier, monitor progress of atherosclerosis to help them make decisions about using cholesterol lowering medications, and as an aid in diagnosing coronary artery disease. But the drawbacks are a false reassurance and the possibility of making you a cardiac cripple if you were found to have serious disease. This article expands upon these two drawbacks by showing this test has a limited ability to predict your risk of your greatest health concerns—suffering serious illness and death. Furthermore, the test may result in a greater chance for non-lifesaving heart surgery.

The reason Ultrafast CT scans and angiograms (dye tests used to show the amount of blockages in the arteries) fail to predict your risk of dying accurately is neither test looks at the culprit lesions—the tiny overstuffed atherosclerotic plaques. The mechanism for sudden death and heart attacks is the rupture of these small plaques which causes the blood to form a clot (thrombus), suddenly blocking the flow of blood to the heart muscle. Neither test can detect these lethal plaques or measure their risk of rupture. In fact, calcified plaques may be more stable and less likely to rupture than noncalcified plaques (*Circulation* 87:1179, 1993). However, both tests find large blockages that excite heart surgeons into action.



CALCIUM FAILS MOTHER

The Effects of Calcium Supplementation on Bone Density During Lactation and After Weaning by H. Kalkwarf in the August 1997 issue of the *New England Journal of Medicine* found calcium pills did not prevent bone loss and only slightly enhanced bone density after weaning (337:523). Bone density increased after weaning both in women who receive calcium supplementation and those who do not.

COMMENT: Approximately 210 mg of calcium is lost daily in breast milk and bone density decreases 4% to 7% in the spine and hips of women who lactate for 6 months. These losses are similar to or greater than those of women shortly after menopause. There is no reason to believe that breastfeeding is detrimental to bone health or that the failure to take calcium pills during pregnancy or lactation increases the risk of future fractures. Even lactating African women on a low calcium diet (283 mg a day) saw no benefit in the calcium content of their milk, the bone density of their forearm, efficiency of calcium resorption, or calcium and bone metabolism, with the addition of 712 mg of calcium for 12 months (*Am J Clin Nutr* 62:58, 1995).

Although calcium intakes vary widely around the world, no specific problems associated with dietary calcium deficiency have been identified during pregnancy or lactation—in other words, there has never been a case of calcium deficiency due to a mother's eating a low-calcium diet. Alterations in absorption, metabolism, and excretion seem to conserve calcium when requirements increase. Human lactation is associated with mobilization and loss of bone which naturally returns after weaning, and no interference with calcium supplements is going to make a healthful difference. Plant foods are an excellent source of calcium and for many reasons should be the primary source of calories for the pregnant and lactating woman (see the March/April 1997 and the May/June 1996 issues of the *McDougall Newsletter*).

BREAST CANCER SPREADS WORLDWIDE

Risk Factors for Breast Carcinoma in Singaporean Chinese Women, the Role of Central Obesity by E. Ng in the August 1997 issue of *Cancer* found, "the risk of breast cancer is strongly associated with changes in lifestyle related to calorie intake (central obesity and height) and reproductive menstrual factors (number of deliveries, age at last delivery, age at menopause, and breast feeding). Better and excess nutrition

in early and later years of life and fewer births (related to rapid urbanization) may explain in part the increasing incidence of breast cancer in Singapore" (80:725). A positive family history of breast cancer was found in only 4% of women because breast cancer has been so uncommon in Singapore until recently.

COMMENT: Breast cancer has become the most common cancer for modern Asian women in the past 30 years in association with rapid economic progress, urbanization and the assimilation of Western diet and lifestyle practices. A dramatic increase in consumption of meats, dairy products, fatty and processed foods has occurred since World War II. The risk of breast cancer has more than doubled from 1970 to 1990, and is expected to almost triple by the year 2000. Presently the rate is 50% that of the United States and rising. The most important risk factor for breast cancer is the accumulation of fat in the abdominal area measured by a waist to hip ratio (WHR). The risk is more than 9 times greater for women with large accumulations of fat around their abdomen compared to thin women. Women who are tall (greater than 6 feet) have twice the risk of breast cancer compared to shorter women (less than 5 feet 8½ inches). A woman's height depends upon her nutrition during childhood and adolescent years. In modern Asia, young girls are now being over-nourished by high-calorie, high-fat foods and their growth is accelerated. Excess nutrition of children also causes them to mature earlier. In Singapore the onset of the first menstrual period for young girls decreased from 14.8 years in 1966 to 13.3 years in 1976.

TINY ESTROGEN DOSES EFFECTIVE

Bone Loss in Elderly Women Prevented by Ultra-Low Doses of Parental 17- β Estradiol by T. Naessen in the July 1997 issue of the *American Journal of Obstetrics and Gynecology* found a very low dose, 7.5 micrograms (μ g), of estradiol administered through the vaginal tissues resulted in a 2.1% increase in forearm bone density compared to a 2.7% loss in nonusers (177:115). No proliferation of the endometrium, as measured by ultrasound, was found after 6 months, suggesting no increase in risk of uterine cancer from this small dose. The longer the time of estrogen deprivation (time since menopause) the greater the capacity of the estrogen-sensitive tissues to respond. Thus, older women and women with osteoporosis seem to have a greater response from lower doses of estrogen. The authors state, "Low-dose regimes may be less effective than higher doses in increasing the bone mass, but have fewer side effects. Therefore, low-dose regimes can

probably increase the otherwise poor compliance with therapy that is so crucial for an effect on the lifetime fracture risk in the population."

COMMENT: The risk of osteoporosis related hip fractures is reduced by taking estrogens either by mouth or through the skin or vaginal tissues. However, the high doses presently commonly prescribed stimulate the inside lining of the uterus (endometrium) to form precancerous changes that eventually may lead to uterine cancer. These high doses also cause breast stimulation and vaginal bleeding—side effects which interfere with compliance. Low doses applied to the vaginal tissues are approved and effective for treatment of vaginal atrophy and can be given without progestins (Progestins are given to help reduce the risk of endometrial cancer caused by the estrogen).

The dose used is 7.5 μ g which is 7.5 millionths of a gram. The dose I currently recommend to use as a cream applied to the skin is 50 μ g (.05 mg). This is very small compared to the dose of 300, 625 and 1,250 μ g (0.3, 0.625 and 1.25 mg) often given by mouth. Estrogen given through the skin and vaginal tissues is much more effective and reliable than when taken by mouth. Estrogen from pills passes through the intestine and flows in the blood first to the liver where it is thoroughly metabolized, while most is removed and changed before circulating to the body's tissues. Certainly, administration through the skin or vaginal mucosa is preferable. But, what is the right dose of estradiol?

It depends upon what you are trying to accomplish. Ultra low doses appear to be effective for bone strength and treatment of vaginal atrophy. Larger doses may be necessary for treating hot flashes and other symptoms that detract from a woman's feeling of well-being. However, with increasing doses, the side effects increase and so does the risk of cancer. I will probably be reducing my recommended dose of estrogen if the research continues to go in this direction.



Costa Rican Cruise Recipes

The following recipes were served on the cruise. Any differences you may perceive from foods you actually tasted on the cruise are due to language barriers, a shortage of 9 chefs, and Mary's interpretation of what to do with only a list of ingredients for each recipe sent to her by Guellermo, the Temptress Explorer's head chef. Watch for more Costa Rican recipes in future newsletters.

COSTA RICAN GRILLED VEGETABLES

Servings: 2

Preparation Time: 10 minutes

Cooking Time: 15 minutes

1 large onion, cut in half lengthwise, then sliced and separated into half rings
1 zucchini, sliced
1 yellow summer squash, sliced
1 thin eggplant, sliced
1-2 large portobello mushrooms, thickly sliced (optional)
 $\frac{1}{4}$ cup soy sauce
 $\frac{1}{4}$ cup water

Mix all the vegetables together. Set aside. Mix the soy sauce and water together.

Heat grill to medium. Place vegetables in a flat grilling basket. Brush with the soy sauce mixture. Cover grill for a few minutes. Continue to flip and baste until vegetables are tender and browned, covering grill in between times. Serve as a side dish.

Hint: The Mango Salsa goes well with these.

MANGO SALSA

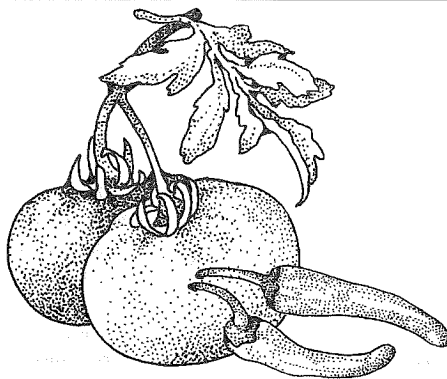
Servings: makes 3 cups

Preparation Time: 15 minutes

Chilling Time: 1 hour or more

2 cups peeled, chopped, ripe mango
 $\frac{1}{2}$ cup finely chopped onion
 $\frac{1}{2}$ cup finely chopped red bell pepper
1 whole fresh jalapeno, seeded and finely chopped
 $\frac{1}{4}$ teaspoon minced fresh garlic
1 tablespoon cider vinegar
1 tablespoon warm water
several twists of fresh ground pepper
dash of salt

Recipes



Combine all ingredients in a bowl and mix well. Cover and chill for at least 1 hour before serving. This tastes even better if allowed to chill overnight.

Hint: Be sure to wear rubber gloves when seeding and chopping the jalapeno pepper.

COSTA RICAN TOMATO SAUCE

Servings: makes $1\frac{1}{2}$ quarts

Preparation Time: 20 minutes

Cooking Time: 2 hours, 10 minutes

$\frac{1}{2}$ cup water
1 onion, cut in half lengthwise, then thinly sliced into half rings
1 stalk celery, thinly sliced
 $\frac{1}{2}$ pound fresh mushrooms, sliced
5 tomatoes, pureed in blender or food processor
5 tomatoes, chopped
1 cup ketchup
2 tablespoons fennel seed

Place the water, onions, celery, and mushrooms in a large pot. Cook, stirring occasionally, for 10 minutes. Add remaining ingredients and cook, uncovered, over low heat for 2 hours.

Serve over pasta, potatoes or whole grains.

GALLO PINTO

Servings: 8-10

Preparation Time: 20 minutes
(need cooked rice)

Cooking Time: 4 hours, 15 minutes

Bean Mixture:

2 cups dry black beans
6 cups water
1 onion, chopped
2 stalks celery, chopped
1 teaspoon crushed fresh garlic
2 bay leaves
1 teaspoon dried oregano

Rice:

4 cups cooked long grain brown rice

Vegetable Mixture:

$\frac{1}{3}$ cup water
1 onion, chopped
1 stalk celery, chopped
1 tomato chopped
 $\frac{1}{4}$ cup chopped cilantro
Tabasco or other hot sauce

Place all the ingredients for the bean mixture in a large pot. Bring to a boil, reduce heat, cover and cook over low heat for 4 hours, or until beans are tender. Remove from heat and set aside.

About 15 minutes before serving time, place the first 3 ingredients from the vegetable mixture in a large frying pan or stock pot. Cook, stirring frequently, for 5 minutes. Add tomato and cilantro and continue to cook for 5 minutes. Add the cooked rice and the bean mixture. Mix well and heat through. Season to taste with Tabasco or other hot sauce.

Serve topped with Pico de gallo, either plain or rolled up in a tortilla.

PICO DE GALLO

Servings: makes 2 cups

Preparation Time: 15 minutes

Chilling Time: 1 hour or more

2 cups chopped tomato
 $\frac{1}{2}$ cup finely chopped onion
 $\frac{1}{2}$ cup finely chopped green bell pepper
1 whole fresh jalapeno, seeded and finely chopped
2 tablespoons chopped cilantro
dash of salt

Combine all ingredients in a tightly covered bowl. Refrigerate at least 1 hour, turning container over several times, to allow flavors to blend.

Serve over Gallo Pinto, or as a dip for tortillas.

Hint: Be sure to wear rubber gloves while seeding and chopping jalapeno.

BULLETIN BOARD

Instant Cup Sales Increase

Seven-Eleven Stores across the country will soon be selling Dr. McDougall's Right Foods Instant Cup Meals. They are interested in upgrading their image with healthier items. If your store doesn't stock them, then please talk to the manager, or better yet take in a cup to show him the product. Costco Warehouse stores in Northern California are now selling a special 9-pack of our instant cup meals. Talk to your Costco, Sam's, Wal-Mart, or any other warehouse, supermarket, and natural foods store about carrying these great tasting and healthy meals.

The McDougall Quick and Easy Cookbook



You will find our new *McDougall Quick and Easy Cookbook* on your bookstore shelves now, and you're going to love it. 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 \$4.00 postage for the first book and \$2.00 for each additional book to same address), to:

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

Upcoming McDougall Programs at St. Helena Hospital

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

12-Day Live-in Programs beginning:

October 19;

November 9;

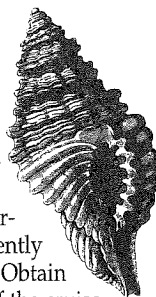
December 7

'98 Cruise to Panama

We are going to Panama August 1, 1998 and would like you to join us. The Panama trip will be land oriented with a trip through the Panama Canal, and visits to native villages, and Spanish forts. There will be some water activities including snorkeling, kayaking, and dinghy rides. We are presently negotiating the fee for the ship and air transportation, and we hope to be able to offer the trip to Panama for \$2695 (per person based on double occupancy). The extra cost is because there is a \$7000 charge for the ship to go through the canal each way.

'98 Cruise to Belize

Cruise the coastline of Belize and Guatemala June 20-27, 1998, and enjoy healthy food aboard the Temptress Voyager. Hike, explore ruins, kayak, snorkel and scuba dive. This ship holds only 63 passengers (and 59 spaces are already taken), so sign up soon. All air fare, tours, food, alcoholic and nonalcoholic drinks, and entertainment are conveniently included in the price. Obtain information on cost of the cruise, brochures, and sign up by calling (800) 570-1654



Zone Debate Cancelled

My 3rd and final debate with the author, Barry Sears, of the national best-selling diet book, *Enter the Zone*, was canceled for the Florida Health Show. They say it was because of lack of interest—sure! I don't know the real reasons. If you would like a copy of the first debate from Las Vegas send \$10 to McDougall Zone Debate, PO Box 14039, Santa Rosa, CA 95402.

McDougall TV Show on Primestar

"McDougall" the TV show airs across the country on 150 stations and on Primestar satellite. Consult your local directory. Call (805) 373-7681 and ask for Chauncey, for more information.

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:

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

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:

Hay Market
Food Emporium

OHIO

The Andersons
Chereh Hills
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Jungle Jim
Meijer

WISCONSIN:

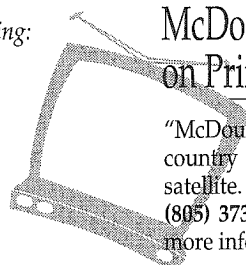
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Gold's Pick n Save
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Call 1-800-570-1654 for information and reservations.

Two Cruises! The Coast of Belize and Panama with John and Mary McDougall from June 20 - June 27, 1998 (Belize); and August 1 - 8, 1998 (Panama); aboard the *Temptress Voyager*. The food is all McDougall style. All air fare, tours, food, alcoholic and nonalcoholic drinks, and entertainment are conveniently included in the price.

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