



The McDougall Newsletter

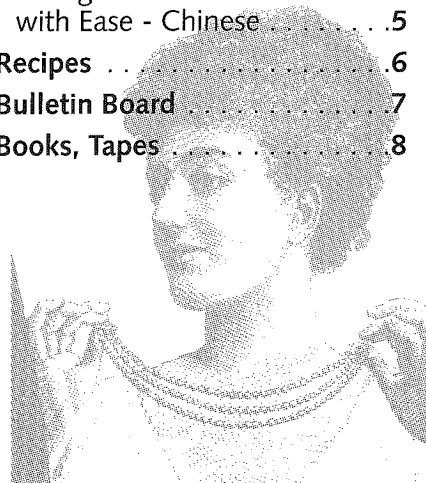
THE NEWSLETTER WITH JOHN & MARY McDUGALL



MARY & JOHN McDUGALL

I N S I D E

Successful Aging	1-4
News You Can Really Use	
Iceman follows	
McDougall Diet	4
Pesticides Cause	
Parkinson's Disease	4
DHEA Warning	4
Tranquilizers Cause	
Traffic Accidents	4
Dietary News & Trends	
Power Bars - Who	
Needs Them?	5
Eating Out	
with Ease - Chinese	5
Recipes	6
Bulletin Board	7
Books, Tapes	8



Successful Aging

Since antiquity, from ancient Egyptians to Ponce de Leon, people have sought ways to extend their life span. Even though there is no fountain of youth, you do have control over how you age. You can lengthen your life, preserve your function, and retain a glowing attractive appearance. Look around at your friends and relatives — can you see the difference in how people age? Some are crippled, wrinkled, and gray long before they should be. And then there are others who retain that sparkle of youth in the way they look, feel, and function into their eighties and nineties. The difference is not due to a stroke of luck, but how they have taken care of their precious bodies over the years. Fortunately, it is never too late to start. Everyday I see broken bodies transformed into more radiant, active, agile, brighter people. The secret for successful aging is almost too simple to believe — it is a healthy diet, moderate exercise, and clean habits. But the results are no less than a miracle.

The Aging Process

Chronologic and biologic aging begin at conception; however, declines in function become apparent shortly after sexual maturation. It makes sense that optimum health would be designed to occur at a time of maximum reproductive capacity, since this would optimize the chances of successful reproduction for our species. After those reproductive years, we become less important to the species and with time, the body declines, health problems become increasingly more common, and survival is threatened. In spite of its disadvantages to us as individuals, aging is beneficial, and even necessary, at the species level, to prevent overcrowding.

Living Longer, But Not Successfully

As the average life expectancy has increased over time, the maximum life span has remained unchanged at about

120 years for humans. With more people living longer there has been a higher prevalence of disability. While some individuals get healthier, most are getting sicker as they age. The proportion of our population over the age of 65 has increased from 4 percent in 1900 to about 13 percent currently. Increases in life expectancy during the last century can be attributed to improved sanitation, greater availability of food and shelter, and other public measures that reduced

Everyday I see broken bodies transformed into more radiant, active, agile, brighter people. The secret for successful aging is almost too simple to believe — it is a healthy diet, moderate exercise, and clean habits.

infant and childhood mortality. The advent of antibiotics reduced death, especially in the young. Smoking, lack of exercise and poor diet have been linked to 700,000 deaths in 1990 (JAMA 270:2207, 1993). Since the 1960s, increases in life expectancy among middle

aged and older individuals can be attributed to alterations in diet and lifestyle.

Aging Gracefully

The aging process cannot be stopped, but increasing chronologic age does not have to mean increasing disability and loss of independence. While it is true that there is a reduction of height, mobility, muscle and bone mass, hearing, vision, and mental functions, as well as graying of the hair and wrinkling of the skin as the years pass, the loss can be mitigated. We know this because of the worldwide geographic variation in the incidence of these losses, which indicates that these losses are due to diet, physical inactivity, and bad habits like smoking. My years in Hawaii taught me this lesson well. In downtown Waikiki I would see thousands of elderly Japanese tourists looking young and fit with smooth skin and a full head of dark hair into their eighties. Yet the Japanese decedents born in Hawaii and raised on kalua pig and McDonald's Quarter Pounders were often fat, graying, bald, and wrinkled in

their forties.

Diet and lifestyle changes to date have been shown to have the greatest effects on health, fitness, and life span. For example, exercise as simple as regular walking is associated with lower overall risk of dying. A study of 707 nonsmoking men found those who walked more than 2 miles per day had half the risk of dying as non walkers (*N Engl J Med* 338:94, 1998). People who exercise also tend to eat healthier diets higher in fruits and vegetables and smoke less often (*Med Sci Sports Exerc* 26:224, 1994).

Closing Down the Arteries

The high-fat, high-cholesterol diet enjoyed by most Americans closes down their arteries and robs them of their function through a disease process known as atherosclerosis. The resulting problems are named after the organ or tissue affected. The following are due to an insufficient blood supply that may develop gradually or suddenly:

macular degenerationretinal arteries
hearing lossarteries of inner ear
strokescerebral arteries
heart attackscoronary arteries
kidney failurerenal arteries
degenerative disk diseaselumbar arteries
intermittent claudication and gangreneperipheral leg arteries
impotencearteries of penis

These conditions of "old age" are entirely preventable and largely reversible with a healthy diet and lifestyle. Sometimes the judicious use of cholesterol lowering medications can be helpful.

Mental Dysfunction

Loss of mental function is commonly seen among aging Americans. A diet high in fat and cholesterol has been shown to increase the risk for premature loss of mental function (*Ann Neurol* 42:776, 1997). This may be due to small strokes or more subtle decreases in blood supply to brain tissue. More severe and rapid loss of mental function occurs with Alzheimer's disease. Aluminum toxicity in susceptible people is the cause of this disease. (*Gerontology* 11:16, 1997). Much of the aluminum enters the body in our food from pots, pans, cans, and additives. The use of antiperspirants has been linked with the systemic accumulation of aluminum and an increased risk of Alzheimer's disease. (*Mol Med Today* 4:107, 1998). This occurs because the

active ingredient in antiperspirants is aluminum chloride, which is inadvertently sprayed into the nose where it enters the brain through the olfactory lobes (stalks of the brain). Plain deodorants do not contain aluminum chloride.

The best way to prevent and/or slow the progress of Alzheimer's dementia is to eat a healthy diet and avoid inhaling or ingesting Aluminum. Gingko biloba is an herb that has been shown to improve mental performance and the social functioning in people with Alzheimer's disease (*JAMA* 278:1327, 1997). Aluminum can be removed from the body by chelation with substances like desferrioxamine, preventing further damage to the brain and slowing the progress of the disease (*J Toxicol Environ Health* 48:667, 1996).

Weakening the Bones

The average American diet, which is high in protein and low in fruits and vegetables, generates a large amount of acid (mainly sulfuric and phosphoric acids) which must be buffered by active resorption of the bones (*J Nutr* 128:1051, 1998). The dissolved bone is then excreted by the kidney into the urine. Muscle foods (beef, chicken, fish, shrimp, etc.) and eggs are the highest generators of acid for the body. The addition of alkaline foods, which are fruits and vegetables, reverses the loss of calcium and the dissolution of the bone. Bone may then be rebuilt, and eventually changes that lead to osteoporosis are reversed.

Crippling Arthritis

The most common form of arthritis is known as osteoarthritis, also referred to as degenerative arthritis, which is supposed to be a result of normal natural aging. In the United States, this form of crippling arthritis is seen in x-rays of the hands of over 70% of people age 65 years and older. However, this same disease is comparatively rare in African and Asian countries, where people physically labor to survive (*Br J Rheumatol* 24:321, 1985). How can that be? Osteoarthritis is said to be due to wear and tear on the joints, so why is it less common among hard working people of underdeveloped countries? Nor does it explain why with light use, the hands of women often become twisted and deformed with age.

Osteoarthritis develops when damage to the joints exceeds the capacity of the cartilage materials to make repairs; the result is the joint surfaces become eroded. The rich American diet lays the foundation for osteoarthritis. Toxins come from the foods we eat. Animal studies have shown that an unhealthy diet fails to provide adequate antioxidants to destroy the free radicals that form, that damage the joint tissues (*J Orthop Res* 8:731, 1990).

Poor circulation may play a major role

in joint deterioration. The severity of osteoarthritis is found to correlate with risk factors for coronary artery disease in people (*J Cardiovasc Risk* 3:529, 1996). No surprise, the diet and lifestyle that leads to one degenerative disease also enhances the development of others. Cholesterol added to the diet of experimental animals increases the incidence of osteoarthritis (*Pathol Microbiol (Basel)* 43:265, 1975). This disturbance in circulation that affects the joints occurs at the level of small blood vessels such as the capillaries, and causes inflammation and destruction (*Sem Arthritis Rheum* 12:11, 1982).

Kidney Loss

The high protein content of the American diet places wear and tear on the kidney tissues. The result is that the average American loses about one-fourth of their kidney function by the age of 70 years (*N Engl J Med* 307:652, 1982). This does not cause a problem for most people unless they have lost kidney tissue from other causes, because it only requires one-third of the kidney mass to clear all wastes from the body.

Outward Signs of Aging

Our skin and hair are among our most telling signs of aging. Poor circulation to the skin causes it to lose its normal elasticity and to become wrinkled. Cigarette smoking further compromises circulation and provides products toxic to the skin (*Ann Intern Med* 114:840, 1991). Heavy smokers are nearly five times more likely to be wrinkled than non smokers. Combined with heavy sun exposure, heavy smokers are 12 times more likely to be wrinkled. Aging of the skin by excess sun exposure results in coarseness, wrinkling, pigmentation, exposed blood vessels (telangiectasias), precancerous lesions (actinic keratosis) and cancers.

Gray hair, baldness, and wrinkles are reliable signs that a man is at increased risk of suffering from a heart attack (*Am Heart J* 130:1003, 1995). Gray hair indicates the susceptibility to heart attacks with a similar strength to that of smoking and the presence of diabetes. In women, graying shows a similar but weaker effect. The importance of baldness and graying is found in younger and older men. The male hormone dihydrotestosterone is the main agent responsible for baldness, and may be an important reason men have more heart disease than women. The high-fat, low-fiber, meat-laden American diet is the cause of elevated dihydrotestosterone levels, and baldness in genetically susceptible men.

Not only is graying a sign of more heart disease, but it also is associated with more bone loss. When the majority of a person's hair was gray by the age of 40 years, then the bone density was reduced by 7% to 8% in the hip (femoral neck and

trochanter), and 4% in the total body when compared with those not prematurely gray (*J Clin Endocrinol Metab* 82:3580, 1997). The common findings of bone loss, heart disease, graying, baldness, and premature wrinkling point to common denominators of a high-fat diet, lack of exercise, and unhealthy lifestyle (damage from excess sunlight and cigarette smoking). Stop these behaviors and you will slow, and reverse, the aging processes inside and outside. The occurrence of precancerous lesions, known as actinic keratosis, in sun damaged skin can be reduced by more than two-thirds when the fat in the diet is reduced from 40% to 21% (*N Engl J Med* 330:1272, 1994).

Calorie Restriction

Restricting the food intake of mice and rats of all ages to a level 20 to 40 percent below which the animals would voluntarily consume, markedly slows the aging processes. They live up to 50 % longer, have fewer diseases associated with aging, and their tissues are maintained in a more youthful state. Alterations in the way the body metabolizes carbohydrates may underlie this mechanism for anti-aging.

Prolonged life from calorie restriction has an adaptive advantage for species survival. When calorie intake is excessive, physiological priorities are set for body growth and reproduction rather than endurance and longevity. The converse occurs when food is in short supply in order to increase the probability that sufficient individuals will survive to restore the population when conditions improve. In other words, during famine or drought, to avoid extinction, reproduction is curtailed and aging is slowed to postpone the end of reproductive years until food is again available. Overall, the body improves its defenses from environmental stresses.

The effect of calorie intake in people

ANTI-AGING POTIONS

Concoctions and mixtures of organic and inorganic origin have been offered to retard aging for hundreds of years. Normal aging is the sum of many mechanisms operating at the molecular, tissue, and organ levels. Several hundred genes are involved in the aging process. Therefore, it is extremely unlikely that a single intervention could reverse all aging processes, and substantially prolong life span.

Melatonin. Melatonin is involved in mood, sleep, sexual behavior, reproduction, immunological functions, and circadian rhythm. It also delays aging by acting as a free radical scavenger, cleaning up free radicals (*Biochem Pharmacol* 56:1265, 1998). Peak levels occur during normal sleep hours. With aging there is a definite decline in night time melatonin levels. Mice fed melatonin at night in their water bottles live significantly longer than controls (*Proc Natl Acad Sci USA* 91:787 1994).

Garlic. Garlic has been shown in rats to prevent atrophy of the brain and thus may have an anti-aging effect (*Exp Gerontol* 32:149, 1997).

DHEA. DHEA is an abbreviation for dehydroepiandrosterone, a hormone made in the adrenal glands. Levels fall dramatically with age from 3470 ng/ml in men of age 20 to 24 to 670 ng/ml in men over 70 years. In women levels fall from 2470 ng/ml to 450 ng/ml (*J Clin Endocrinol Metab* 59:551, 1984). The hormone can have effects both like testosterone (androgenic) and estrogen (estrogenic). High levels may protect against breast cancer in premenopausal women, but may increase the risk in postmenopausal women (*Cancer Res* 55:4870, 1995). Muscle strength has been found to increase with DHEA (*Biol Psychiatry* 30:371, 1991). However, there is too little data to conclude DHEA will greatly effect the illnesses associated with aging. As monkeys age their levels of DHEA decrease. Calorie restriction, which extends the life span of rodents and retards aging in laboratory animals, slows the decline of DHEA levels.

Antioxidants. As we age we are exposed to oxidative damage from free radicals from our food and from the normal metabolism that sustains life. Free radicals are highly active substances that damage proteins and DNA. The body has several mechanisms for detoxifying free radicals including enzymes (superoxide dysmutase, catalase, and glutathionine) and vitamins (E, C, and beta carotene). Many people interpret these findings to mean they should take supplements of antioxidants, but a safer and more effective approach would be foods. Increased consumption of fruits and vegetables has been proven to increase the antioxidant capacity of the human body (*Am J Clin Nutr* 68:1081, 1998).

may be the same. Ultimate height and weight of an individual is determined by their calorie intake. The amount of calories consumed during adolescent growth

plays a determining role in eventual adult height, and a person's current calorie intake determines body fatness (weight). Men of a height of 5 ft. 9 in. (175.3 cm)

REVERSING SKIN AGING:

Estrogen therapy (HRT) has been demonstrated in some studies to increase skin thickness, reduce dryness of skin and hair, and prevent atrophy (*Therapie* 51:67, 1996). This amounts to smoother, less wrinkled skin. HRT does not seem to do much for the wrinkled skin of smokers (*Maturitas* 29:75, 1998). HRT exerts a beneficial effect on the skin by slowing the process of skin slackness that follows menopause.

A **Vitamin A** derivative cream called tretinoin, and sold as Retin-A, is very effective at reversing skin aging with reduction in wrinkling and removal of dark, irregular skin pigmentations (*J Am Acad Dermatol* 26:215, 1992). An effective and safe formula contains 0.05% tretinoin as a cream.

Alpha hydroxy acids, "wrinkle creams," improve facial skin tone and fine wrinkling with application to the skin, and can be bought without prescription in "anti-aging" moisturizing lotions and face creams.

Deep chemical peels can improve damage from sun exposure and changes with aging.

Botulism toxin injections into the muscles under the wrinkled skin paralyzes the nerves to the skin causing the skin to relax and the wrinkles to disappear, and lasts about 6 months (*Plast Reconstr Surg* 94:94, 1994). This technique is especially useful for wrinkling of the forehead and crows feet about the eyes.

Precancerous and cancerous lesions can be removed by an anticancer drug (5-fluorouracil, **Efudex**), by **liquid nitrogen**, and by taking the top layers of the skin off by using **laser** energy.

Plastic surgery can smooth out wrinkled skin by mechanically stretching it across the skull. Baggy skin under the eyes and the chin can be cut away leaving a more attractive and youthful appearance.

or less live 7.46 years longer than men of at least 6 ft. (182.9 cm). Men weighing less than 140 lb. (63.6 kg) live 7.72 years longer than those weighing more than 200 lb. (90.9 kg) (*Bull World Health Organ* 70:259, 1992). So, bigger is not necessarily better, as believed by most Americans.

Diet and Lifestyle are the Key to Successful Aging

The main problem with calorie restriction is that it hurts to be hungry and it can be accomplished for a long time by only a very few stoic people. There is a way to reduce your calorie intake and to avoid hunger and that is to eat a low-fat, high-carbohydrate diet of unprocessed plant foods. In a classic study published in 1987 in the *American Journal of Clinical Nutrition*, subjects were fed diets for two weeks, each containing 15-20%, 30-35%, or 45-50% fat. The diets were similar in appearance and palatability but differed in the amount of high-fat ingredients used. Spontaneous energy intake was 2087, 2353, and 2714 calories on the low-, medium-, and high-fat diets, respectively. Therefore, without being hungry and without any effort you can restrict your calories with a lower fat diet.

That very same diet, when based around starches with the addition of fresh fruits and vegetables, minimizes the intake of toxins such as fat, salt, animal protein, cholesterol and free radicals; and maximizes the intake of nutrients, antioxidants, and other phytochemicals that keep your body younger looking, feeling great, and fully functional. It is not unreasonable to expect that the average person's life can be expanded by 5-10 more useful years (*Proc Natl Acad Sci USA* 78:7124, 1981). Now the average life expectancy for men is 72.5 years and for women 79.3 years in the United States. This would bring us over the present average life expectancy of Japanese men of 79.5 years and women of 82.5 years, as we switch more towards a plant-based, oriental-type diet.

News You Can Really Use

Recent significant findings you deserve to know

Ice Man Follows McDougall Diet

Otze the Ice Man, the 5,000-year-old corpse discovered six years ago in the Oetzaler Alps between Austria and Italy, was most likely a vegan (consumed no animal products). Analysis of his hair has revealed that his diet was lacking in meat and dairy products. The finding is part of a research program, conducted with scientists from Oxford University, to unlock the secrets of ancient lives from their hair. The Neolithic Ice Man was years ago thought by some to be a hunter, particularly as he carried a bow and an ax. But the arrows for the bow were not finished

and the bow was unstrung. Scientists test the hair for its carbon, nitrogen and sulphur content and then analyze each of these elements to see what proportions they contain of their natural variants, or stable isotopes. Different food sources, for example, vegetable compared to meat, contain different proportions of these isotopes that are found in the hair. There was little indication of meat consumption by this ancient man.

Pesticides Cause Parkinson's Disease

Many studies suggest that Parkinson's disease is more common among people who report exposure to pesticides. There are case reports of acute parkinsonism after exposure to paraquat and organophosphate insecticides. Not all people exposed to pesticides, however, develop Parkinson's disease. Reports suggest that some people may have a genetic susceptibility to Parkinson's disease mediated by enzymes involved in the disposition of pesticides. A recent study in the *Lancet* on the metabolism of people with Parkinsonism may explain why some people exposed to pesticides get this disease and others don't. (*Lancet* 1998; 352: 1344-46.)

JM: Parkinson's disease is an important reason to avoid exposure to pesticides and one effective way to do this is to eat low on the food chain. Plant foods are low on the food chain and as a result have the lowest concentrations of pesticides. (Pesticides and other environmental contaminants are attracted to and concentrated in fats.)

DHEA Warning

DHEA (Dehydroepiandrosterone) is the fastest-selling product in the health food stores. Millions of Americans are taking it in the belief that it may be a sexual potency enhancer, energy stimulator, and all around "Fountain of Youth." But is it safe? In a recent issue of *Science* (279:563, 1998) it was reported that high levels of insulin-like growth factor (IGF-I) may be a major risk factor for prostate cancer. Older men with high levels of this factor have nearly eight times the risk of developing prostate cancer. DHEA is known to increase serum IGF-I levels. In women (but not in men), daily DHEA supplements in the dose range of 25 to 50 mg increase, and in many cases double, the level of serum testosterone and may develop such unpleasant androgenic side effects as acne, hirsutism, irregular menses, and male-pattern hair loss. A case of heart irregularity with palpitations was recently reported. (*Ann Intern Med* 129:588, 1998.)

Herb Treats Prostate Cancer

PC-SPES, a commercially available com-

bination of eight herbs (chrysanthemum, isatis, licorice, *Ganoderma lucidum*, *Panax pseudo-ginseng*, *Rabdosia rubescens*, saw palmetto, and *scutellaria* (skull cap), is used as a nonestrogenic treatment for cancer of the prostate. (*N Engl J Med* 339:785, 1998.) Many of these herbs are known to have estrogen-like effects. This study found potent estrogenic activity in yeast, mice, and humans. In patients with prostate cancer, it causes clinically significant reductions in testosterone and decreases in prostatic specific antigens (PSA levels). It also had side effects similar to estrogen, such as impotence and breast tenderness. The reduction in testosterone levels was sufficient to have antitumor activity (comparable to Leuprolide, an anti-testosterone drug). PSA levels were found to rise within two to six weeks of stopping the herbal preparation. PC-SPECs has also been shown to inhibit growth of cancer cells in the laboratory in cell cultures. The authors conclude, "Our results suggest that PC-SPEC may prove useful in the treatment of hormonally sensitive prostate cancer..."

JM: How wonderful that the most respected American medical journal has seen fit to publish results of a potentially beneficial herbal treatment of prostate cancer. The next phase is to research the effects of this preparation on the quality and length of life of prostate cancer patients.

Tranquilizers Cause Traffic Accidents

Drugs acting on the central nervous system can have adverse effects, such as drowsiness and increased reaction time that may affect driving performance. In elderly people, benzodiazepines and tricyclic antidepressants have been associated with increased risks of road-traffic accidents causing injury. One report suggested that at least 10% of all people killed or injured in traffic accidents were taking some medication that affected the mind. A study of 19,386 drivers involved in a first road-traffic accident found 1,731 were users of a psychoactive drug (tricyclic antidepressant, benzodiazepine, selective serotonin-reuptake inhibitor, or other psychoactive drug [mainly major tranquilizers]). On the day of the accident, 189 individuals were taking tricyclic antidepressants, 84 selective serotonin-reuptake inhibitors, 235 benzodiazepines, and 47 other psychoactive drugs. (*Lancet* 1998; 352: 1331-36.) Older people and those consuming alcohol had greater risk of accidents. The authors concluded, "Users of anxiolytic benzodiazepines and zopiclone were at increased risk of experiencing a road traffic accident. Users of anxiolytic benzodiazepines and zopiclone should be advised not to drive."

JM: As a medical student, I recall being told by a drug salesman that a common benzodiazepine, Restoril, was being recommended to airline pilots to help them sleep because it was short acting and did not affect their judgement and abilities to fly. I sure hope pilots have a better understanding of how these drugs impair their mental and physical abilities and how they contribute to accidents. Based on this research, people should not be allowed to drive under the influence of these drugs. With Restoril, after nine hours half of the drug is still in the system. Benzodiazepines include: Ativan, Dalmane, Doral, Halcion, Prosom, Restoril, and Valium. Ambien is a zopiclone-type drug. So what if you can't sleep or you are nervous? You might try eating better and exercising. Give up your stimulants, like coffee. Try some calming herbs like St. John's Wort for relief of anxiety or Valerian root extract to sleep. Melatonin (1 mg) is commonly recommended and may be especially helpful for the elderly with sleep problems. However, I personally get a hangover when I take Melatonin.

Error: In the Nov/Dec 98 Newsletter, the dose for selenium should be 200 micrograms (mcg), not milligrams (mg).

Dietary News & Trends

Power Bars - Who Needs Them?

One of the most popular (and profitable) products at the natural foods stores and the supermarkets are the so called "energy/power bars" and the "cereal/breakfast bars." I like to think of them as candy bars. They are loaded with calories and simple sugars. How many people do you know who need more calories? Some are also high in protein—another ingredient Americans consume in dangerous overabundance. These are consumed as a meal replacer, for a quick bite on the run and as snacks. But most bars are filled with ingredients that are not nutritious, and sometimes hazardous. For example, simple sugars will contribute to obesity, elevated triglycerides and cholesterol, and rot your teeth. The vegetable oils contribute to cancer and obesity. The cow's milk proteins are a common cause of allergic reactions. The extra protein in some bars will overwork the kidneys and liver, and contribute to kidney stones and osteoporosis. Most bars are deficient in dietary fiber, complex carbohydrates, and the proper mix of vitamins and minerals that are found in whole starches, vegetables and fruits. You are fooling yourself if you think these bars a reasonable substitute for real plant foods.

The first constituent on the ingredient label of most of these bars is simple sug-

ars, such as: sugar, brown sugar, corn syrup, high fructose corn syrup, maltodextrin, dextrose, honey, juice concentrates, fruit puree, fruits, dehydrated fruits, molasses, red beet juice, and/or dehydrated cane juice. Compare the sugar content of a regular candy bar with these energy power bars. For example, a 1.55 oz. Hershey's milk chocolate bar has 22 grams of sugar, which means 38% of the 230 calories are simple sugar, and a Reese's Peanut Butter Cup has 21 grams of sugars, which means one-third of the 250 calories are sugar. You will find the percent of calories that are from simple sugars surprisingly similar. Of course, there is a lot more fat in these chocolate candy bars, than in the energy bars.

If not the first ingredient, then the sugar is second after protein. Even then simple sugar still contributes to most of the calories. For example, Balance Bars by Bio-Foods Inc list Protein Blend first, then high fructose corn syrup but 36% of the 200 calories are sugar and 28% are protein. The common sources of protein used are cow's milk and soy protein. Many contain other ingredients that the health conscious consumer will try to avoid like whole milk, butter, milk solids, whey, partially hydrogenated vegetable shortening, soybean and other vegetable oils, monoglyceride (fats), diglycerides (fats), lecithin (fat)

Breakfast, Cereal, and Granola Bars: These bars are sold with packaging and names that indicate they are healthy for you such as Barbara's Nature's Choice, 100% Natural, Fat-Free, organic Whole Wheat. However, they are loaded with calories, mostly from sugar. For example, the Quaker Fruit & Oatmeal Cereal Bars have 16 grams of sugar, which means 46% of the 140 calories come from sugar.

The healthiest cereal bar I could find was made by Clif Bar Inc. called Kicks Bar. The ingredients are simple, mostly natural, without added oils or dairy products. The sugar comes from brown rice syrup, whole rice syrup, grape juice concentrate, and fruit. Only 8 grams of sugar, representing 27% of the calories.

Sugar Protein Bars: They range from very high sugar to moderate sugar. By combining honey and fruit, Montana Naturals Int'l., Inc. has made a bar that contains 130 calories of which 92% of the calories are from simple sugars. The PowerBar by Powerfood Inc. is made of high fructose corn syrup, fruit juice, milk protein, butter and other ingredients. More than one-third of its 230 calories come from sugar. As the milk solids and / or soy protein are increased they take over the first ingredient spot, but they're still mostly sugar.

One variation of these bars, the Think! bar by pHd Inc. adds the herb, ginkgo and the fat, choline. Both of these substances effect the nervous system, suppos-

edly in a way that provides better brain function. But, it is still a sugar bar.

The healthiest of the single bars is again the Clif bar by Clif Bar Inc. The apricot bar is made of rolled oats, brown rice syrup, flour, bran, fruits and other ingredients. They use apricots treated with sulfur dioxide which some people are sensitive to. Of the 250 calories, only 22% are simple sugar.

After looking over what is available on the shelves there is great need for a Dr. McDougall's Right Foods Meal Replacement bar. A little sugar for taste but with lots of nutritious ingredients.

Eating Out with Ease - Chinese

Order brown rice in a Chinese restaurant and you will likely get white rice mixed with soy sauce. But white rice is not so unhealthy. It has nourished billions of Asians and they have been free of obesity, heart disease, diabetes, rheumatoid arthritis, multiple sclerosis, and our most common cancers (of course, unrefined, whole grain rice is better). Chinese cooking is done from scratch, so the order you give to the waitress is crucial. Be clear that you want your food vegetarian, with no added oils and cooked on a clean, no-oil, pan or griddle. For an appetizer, order steamed vegetable potstickers or steamed vegetable buns. Follow with "Bean Curd with Vegetable Soup," "Assorted Vegetable Soup," "Sizzling Rice Soup," or "Corn Soup." If the soup listed on the menu has animal products in the ingredients ask that they not be added—the stock they are working from is likely vegetarian (ask!).

For the main dish, ask if they have a "Monk's dish." This is a mix of vegetables cooked in a ginger sauce. "Mu Shu Vegetables" is found in every Chinese restaurant. The dish is served with rice flour pancakes, a vegetable mix and plum sauce. Layer the vegetable into the pancakes and top with plum sauce, then roll up as a burrito and eat. Try "Sautéed Broccoli with Chinese Mushrooms," "Snow Peas with Water Chestnuts," "Black Mushrooms and Bamboo Shoots," "Steamed Eggplant with Spicy Sauce," or "Sautéed Cabbage," served over steamed rice. Many dishes are made with bean curd (tofu) and vegetables—but be sure to ask that your bean curd be steamed, not fried. Sometimes you can get a noodle dish such as "Mushroom Chow Mein" (thin noodles) or "Vegetarian Chow Fun" (thick flat noodles) cooked without oil. Ask for a dish to be made for you with steamed rice noodles, vegetables and a non-oil based sauce. If all else fails, ask for steamed mixed vegetables with a non-oil based sauce and some white rice.

Dessert is easy because dairy is not used (Chinese are lactose intolerant). Order "Chilled Lychee" or "Mixed Fruit Bowl."

REUBEN SANDWICHES

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

8 slices rye bread
4 tablespoons brown mustard
10 ounces baked tofu, sliced into thin strips
1 cup drained Eden Sauerkraut
4 slices nondairy Swiss cheese

Preheat oven to 400 degrees. Toast 4 slices of the bread and spread 2 tablespoons of the mustard on one side of each slice. Place slices on a baking tray, mustard side up. Lay tofu strips on the bread and place about 1/4 cup of the sauerkraut over the tofu, spreading it evenly. Bake for 5 minutes, then place a slice of the cheese on each of the bread slices. Bake for about 5 more minutes, or until cheese melts.

Meanwhile, toast the remaining 4 slices of bread and spread with remaining mustard. Remove baked sandwich bottoms from oven and cover with the 4 remaining toasted slices. Eat while still warm.

Hint: Several varieties of seasoned baked tofu are sold in most natural food stores. Wrap up any extras and refrigerate. They are also delicious cold.

YELLOW PEA SOUP WITH GREENS

Preparation Time: 15 minutes
Cooking Time: 80 minutes
Servings: 4 - 5

1 onion, chopped
1 teaspoon bottled minced garlic
2 1/2 cups water
1 teaspoon ground cumin
1 cup dried yellow split peas
2 1/2 cups vegetable broth
1 sweet potato, peeled and chopped
1 cup chopped tomatoes
4 cups chopped Swiss chard
several twists freshly ground black pepper
dash or two of Tabasco sauce

Place the onion and garlic in a large pot with 1/2 cup of the water. Cook, stirring occasionally, for about 4 minutes. Stir in the cumin and mix well. Add the remaining water, split peas and vegetable broth. Bring to a boil, reduce heat, cover and cook over low heat for 45 minutes. Add sweet potato and tomatoes. Cook for an additional 25 minutes. Add chard, pepper and Tabasco. Cook an additional 10 minutes. Serve hot.

TEX-MEX VEGGIE HASH

Preparation Time: 10 minutes
Cooking Time: 15 minutes
Servings: 6

1 12 oz. pkg. Yves Veggie Ground Round

Recipes

1 cup chopped green onions
1 cup frozen corn kernels
2 15 ounce cans small red beans, drained and rinsed
1 15 ounce can tomato sauce
1 cup salsa, mild, medium or hot

Place the Veggie Ground Round in a large frying pan or sauce pot and stir well to break up. Add remaining ingredients and mix well. Bring to a boil, reduce heat, cover and cook for 15 minutes, stirring occasionally.

Serve over whole grains, potatoes, pasta, or on whole wheat buns.

VEGETABLE CHOP SUEY

Preparation Time: 40 minutes
Cooking Time: 17 minutes
Servings: 6

Sauce:
3 cups water
1/3 cup soy sauce
3 1/2 tablespoons cornstarch
4 teaspoons grated fresh ginger
2 teaspoons fresh minced garlic
1 teaspoon Tabasco sauce
1/4 cup chopped cilantro
dash sesame oil

Vegetables:
1/2 cup water
3 tablespoons soy sauce
3/4 teaspoon fresh minced garlic
3/4 teaspoon fresh minced ginger
2 cups chopped green onions
2 cups sliced bok choy
2 cups broccoli florets
1 1/2 cups snow peas
1 cup sliced red bell pepper
1 cup sliced celery
1 cup mung bean sprouts

Mix sauce ingredients in a bowl and set aside. To prepare vegetables, place the water, soy sauce, garlic and ginger in a large frying pan or wok. Bring to a boil, then add all the vegetables, except for the mung bean sprouts. Cook, stirring frequently, for 8 minutes. Add bean sprouts and cook for another 2 minutes. Add sauce ingredients and cook, stirring constantly until mixture boils and thickens, about 7 minutes. Serve over brown rice.

CHEESE SAUCE

Preparation Time: 5 minutes
Cooking Time: 5 minutes
Servings: makes 2 1/2 cups

2 cups soy milk
2 tablespoons cornstarch

1/8 teaspoon salt
several twists freshly ground black pepper
1 cup grated soy cheddar cheese
1 teaspoon prepared mustard

Place soy milk, cornstarch, salt and pepper in a saucepan. Cook, stirring constantly until mixture boils and thickens. Turn off heat. Stir in cheese until melted. Add mustard and mix well. Serve over vegetables, potatoes, pasta or grains.

YUKON ENCHILADAS

Preparation Time: 15 minutes
Cooking Time: 17 minutes
Baking Time: 30 minutes
Servings: 4

4 medium-large Yukon Gold potatoes, peeled and diced
1 onion, chopped
1/2 cup water
1/2 teaspoon bottled fresh minced garlic
2 jalapeno chilies, seeded and minced
1 teaspoon chili powder
fresh ground pepper to taste
dash salt
1 cup spinach leaves, thinly sliced
1/2 cup grated soy cheddar cheese
8 fat free flour tortillas
1 16.5 ounce jar Parrot Brand Enchilada Sauce

Cook potatoes in water to cover until almost tender, but still firm, about 7 minutes. Drain and set aside.

Preheat oven to 350 degrees.

Place the onions and 1/4 cup of the water in a large nonstick frying pan. Cook, stirring occasionally until onion softens, about 4 minutes. Add garlic and jalapenos and stir for another minute. Add potatoes and mix well. Allow to cook until the onions start to stick to the bottom of the pan. Stir a few times and add 2 tablespoons more water. Repeat this process once more. Then add chili powder, pepper and salt. Mix well. Add spinach and soy cheese. Cook and stir for 1/2 minute. Remove from heat.

Place 1/2 cup of the enchilada sauce in the bottom of a 9 x 11 baking dish. Set aside.

Place the tortillas next to the potato mixture. Using 1 tortilla at a time, place a line of about 1/2 cup of potato mixture down the center of each tortilla. Roll up and place seam side down in the baking dish. Repeat until all filling is used. (It should fill 8 tortillas.) Pour remaining sauce over the tortillas. Cover with parchment paper, then cover with foil and seal edges tightly. Bake for 30 minutes.

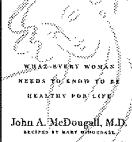
Serve warm from the oven with salsa on the side.



BULLETIN BOARD

New McDougall Book!

THE McDOUGALL PROGRAM FOR WOMEN



The McDougall Program for Women

Available now from the McDougall Health Clinic Office (800) 570-1654 and in bookstores. Price: \$29.95 plus S&H.

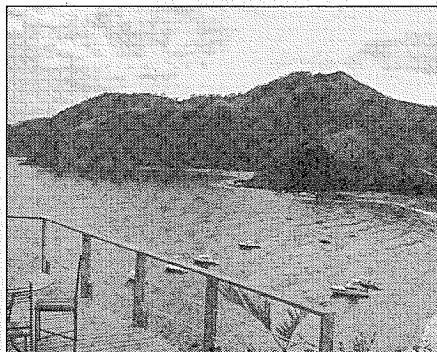
This timely book deals with:

- The mystery of women's diseases--it's not in her genes;
- Why women need plant foods;
- A healthy pregnancy, delivery, and child;
- Breast feeding: changing a child's future for the better;
- Precocious puberty from a rich diet;
- Ten changes you can make to prevent breast cancer;
- Mammography and the fallacy of early detection;
- Treating breast cancer with surgery, radiation, chemotherapy and drugs;
- Strengthening your cancer-fighting forces;
- Safeguarding your uterus;
- Building strong bones;
- Monitoring bone health and medical therapy;
- Balancing the positives and negatives of hormone replacement therapy;
- Breaking the cycle of cardiovascular disease;
- Surviving the male-dominated medical business;
- Adopting the McDougall Program to save your life;
- Over 100 recipes for the McDougall Program for Women

Find McDougall TV

"McDougall, M.D." the TV show airs on 150 independent stations and on Primestar satellite nationwide 5am (PST), channel 40. Search for the show on the Internet at www.clicktv.com. Consult your local directories. Ask your local stations to carry the show. Call (805) 373-7681 and ask for Chauncey for more information. Listings of stations can now be seen on our website.

Look What We're Doing in *Costa Rica* this Summer!



**July 31 through August 8, 1999
\$1,350 All Inclusive (except airfare)**

This is not a sightseeing tour. This is an adventure. You will become actively involved with the land, sea, and people of Costa Rica. Mary and I just returned from a planning trip for our upcoming trip to Costa Rica. Without a doubt this is going to be the best Central American trip we have ever taken. And the cost is also the most reasonable we have ever been able to offer.

After arriving in San Jose, Costa Rica on July 31, we are all going to meet at the first class Palma Real hotel. Those arriving early will have a chance to tour the city. Dinner will be prepared by their expert chefs. After a good nights rest, fully refreshed, we will travel by bus through the scenic country side of Costa Rica to the El Ocotol hotel on the Pacific Ocean, near Playa del Coco. Everyday breakfasts and dinners will be served at the hotel, and lunches will often be at carefully selected restaurants near tour destinations.

There will be education. John and Mary McDougall will teach you about the McDougall Program; Jack Dixon, our personal trainer, will lead you in exercise and offer you a personal fitness evaluation; and our Spanish instructor will teach you "survival Spanish" so you feel more a part of this exotic land. Plans are subject to change, but here are some of the activities we have planned:

Canyon/Tree-Top Tour at the Kazm Canyon.

River Tour down the class 1 to 2 rapids of the Corobici River.

Ranch Tour at Los Inocentes Lodge and Ranch, near the Nicaragua border.

Arenal Volcano and Tabacon Hot Springs: Travel to Central America's most active volcano.

Tamarindo Town and Estuary Trip: Take a trip up the river in small motor boats to see the wildlife, or relax on the beach.

Ocean and Beach Tour: Twin-engine, covered boats will take you along the coast to isolated beaches.

For more information or reservations for this McDougall Adventure Trip call (800) 570-1654. Deposit is \$400 per person (fully refundable until March 1, 1999, balance due May 1, 1999).

Also, Galapagos June 20 - 29!

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
(650) 635-6000 • FAX (650) 635-6010
Toll-Free Ordering (800) 367-3844
On the Web: <http://www.rightfoods.com>

Most Seven-Eleven stores across the country have begun to stock Dr. McDougall's instant meals - if not, ask them to order.



On the Website

Find us at www.drmcDougall.com. You'll find all kinds of interesting updates on this site!

Upcoming McDougall Programs at St. Helena Hospital

Call 1-800-358-9195 for information and reservations.

12-Day Live-in Programs beginning:
February 14, March 14, April 11, May 9,
May 30.

Alumni Programs February 7, May 2.

M c D O U G A L L O R D E R F O R M



ITEM	PRICE/UNIT	QUANTITY	TOTAL
THE McDUGALL PROGRAM FOR WOMEN	<div>NEW!</div> \$29.95		
THE McDUGALL QUICK AND EASY COOKBOOK (HARD COVER)	\$25.95		
THE McDUGALL PROGRAM FOR A HEALTHY HEART	\$15.95		
THE McDUGALL PROGRAM FOR MAXIMUM WEIGHT LOSS	\$12.95		
THE NEW McDUGALL COOKBOOK	\$13.95		
THE McDUGALL PROGRAM	\$12.95		
THE McDUGALL PLAN	\$11.95		
McDUGALL'S MEDICINE	\$12.95		
THE McDUGALL HEALTH SUPPORTING COOKBOOK, VOLUME I	\$9.95		
THE McDUGALL HEALTH SUPPORTING COOKBOOK, VOLUME II	\$9.95		
THE McDUGALL AUDIO TAPES (6 TAPES)	\$39.95		
DIETARY MYTHS THAT MAKE YOU FAT & SICK VIDEO 60 MIN.	\$14.95		
THE McDUGALL PROGRAM FOR MAXIMUM WEIGHT LOSS VIDEO 30 MIN.	\$12.00		
THE McDUGALL VIDEO 2 HRS.	\$14.95		
TAX			
SHIPPING & HANDLING			
THE McDUGALL NEWSLETTER (BI-MONTHLY)	\$24.00		
OUTSIDE USA	\$28.00		
MISCELLANEOUS			
TOTAL			
NAME			
ADDRESS		CITY	STATE ZIP
PHONE NO.		VISA • MASTERCARD • AMERICAN EXPRESS • DISCOVER (CIRCLE) NUMBER	
EXP.DATE:			

Postage:
USA rates: first Book, Audio or Video \$4.00.
Each additional item \$2.00.

Outside USA, first \$7.00, then \$3.00. U.S. All funds are in U.S. dollars.

California residents add 7.5% sales tax.

Send to or call:

The McDougalls,
P.O. Box 14039, Santa Rosa, CA 95402.
(707) 576-1654.
FAX (707) 576-3313

Send US funds only!
Add extra postage for foreign orders.
American Express, Mastercard, VISA & Discover accepted.

Design by Mona Lisa Design, Santa Rosa, CA • Printing by Letter Shop Printing, Santa Rosa, CA



Send us your name and address, the names and addresses of the people you want to give gift subscriptions to, and a check for \$24.00 for each one. The McDougall Newsletter is now copy-righted. But you have permission to duplicate and share with friends. All other rights restricted.

GIVE A GIFT

The McDougall Newsletter

P.O. Box 14039
Santa Rosa, CA 95402

Address correction requested

BULK RATE
U.S. POSTAGE
PAID
PERMIT NO. 47
SANTA ROSA, CA

Call 1-800-570-1654 for information and reservations.

Costa Rica Adventure July 31 - August 8

Galapagos Island Cruise June 20 - 29

Join John and Mary McDougall on a 1999 Adventure!

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