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Dr. John A. McDougall's

TO YOUR HEALTH

The traditional Western diet is poison for your prostate!

Protect yourself today with these powerful, healing foods.

Last month, I discussed the terrible consequences of the overuse of prostate tests and why I believe that most men are better off without them. Now you need to know what to do to prevent prostate cancer.

"Thy food shall be thy medicine" is a quote attributed to Hippocrates, the first name in the history of medicine. And I guarantee you he wasn't talking about hot dogs and milk shakes! Since then, many doctors have chosen to ignore this ancient wisdom. However, research shows that the best way to avoid prostate cancer is by reducing the amounts of animal products and fats in your diet and increasing your consumption of plant foods.

The dietary fat in the typical American diet damages the prostate

Prostate cancer is most common in parts of the world where people follow a high-fat, high-protein diet. For example, men in the United States have a 120 times greater chance of having prostate cancer than men in China, who follow a low-fat, nearly vegetarian diet. However, researchers have noted that as the U.S. food industry invades non-Western countries, the populations change to the Western diet and their risk of prostate cancer increases proportionally.¹ Furthermore, among Asian immigrants to the United States, the risk of prostate cancer increases in direct proportion with the number of years they have resided in the United States.²

A diet low in fat may do more than prevent prostate cancer; it may be a useful treatment for those who have it. A study of 384 men diagnosed with prostate cancer between 1990 and 1992 found that men who consumed the least amount of animal fat had one-third the risk of dying as those with the highest fat consumption.³

In fact, a low-fat diet has become an accepted treatment for prostate cancer. The respected *Journal of Urology* recently recommended reducing consumption of fatty foods to prevent prostate-cancer progression.⁴

There are several reasons why dietary fat is so damaging to the prostate. Harsh environmental chemicals, which are known to damage the DNA in our cells, are attracted to, and concentrated in, fat. When we eat typical high-fat foods, such as meats, poultry, fish, dairy products, and eggs, we take in great quantities of fat, which then hold greater concentrations of these dangerous substances.

Another reason why dietary fat is dangerous is that fats of all kinds, including vegetable fats like olive and flaxseed oil, are easily oxidized into highly reactive molecules. These molecules can damage our DNA and trigger cancer by causing cells to multiply out of control.

It's not just the fat in meat and dairy products that is dangerous

The process of cooking meat, especially on grills or via frying, produces powerful cancer-causing substances called heterocyclic amines. These substances are known to cause cancers of the colon, prostate, and breast in animals. A study in the journal *Cancer* showed that grilled or fried meat and fish contain at least 19 heterocyclic amines, 10 of which appear to cause cancer.

Dairy products have also been associated with an increased risk of prostate cancer beyond the added fat. The calcium in dairy products is believed to lower the circulating levels of vitamin D, which research has shown protects us from prostate cancer.⁵

Plant foods are actually powerful medicine

While consumption of animal products has been shown to cause prostate cancer, consumption of plant-

¹*Cancer*, vol. 86, p. 484, 1999

²*Journal of the National Cancer Institute*, vol. 87, p. 652, 1995

³*European Urology*, vol. 35, p. 388, 1999

⁴*Journal of Urology*, vol. 159, p. 1271, 1998

⁵*Anticancer Research*, vol. 19, no. 3A, p. 1689, 1999

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Our Mission: For over 27 years, Dr. John McDougall has been fighting to bring nutrition to the forefront of mainstream medicine. Frustrated by the establishment's resistance to logic and years of evidence from his clinic, he set out to educate health conscious people about the medicinal qualities of food for the treatment and prevention of many of today's most threatening diseases. He is dedicated to teaching you how to transform your life and to achieve optimum health and appearance using the life-giving foods that were designed for your body. In addition, each month he will bring you news of his latest healing and weight-loss discoveries.

Prostate Cancer*Continued from page 1*

based foods has been shown to prevent and even reverse that disease. One of the reasons that plant-based foods have such powerful medicinal effects is that they contain large amounts of antioxidants that protect cells from the damaging effects of free radicals.

Antioxidants, such as vitamin E, lycopene, and selenium, can also reverse the damage once it has been started. A June 1999 article in *Alternative Medicine Review* reported that the strongest protector against prostate cancer is lycopene, the antioxidant found in tomatoes. In addition, lycopene has been shown to extend survival time for patients with the disease.⁶

Another reason plant-based foods help prevent prostate cancer is that they contain phytochemicals, substances that have a natural estrogen-type effect. They include isoflavonoids, flavonoids, and lignans. The estrogen activity of these phytochemicals may inhibit the production of testosterone, which has been shown to stimulate the growth of prostate cancer. In fact, research has shown these plant substances to be protective of prostate tissues.⁷

Isoflavones have been found to inhibit the growth of prostate cancer in mice.⁸ These phytochemicals are found in all plants, but they are especially common in foods made from soybeans. After the mice were fed soy products, examination of their prostate tissues under a microscope showed reduced cell replication and increased death of cancer cells.

Asian men consume large amounts of phytochemicals, which

may explain their low risk for prostate cancer. Japanese men, for instance, consume on the average 20 mg of isoflavones per day, while Western men consume on average less than 1 mg per day as soybeans are far less common in the diet.

Another way plant foods help prevent prostate cancer is by decreasing the blood supply to tumors, thus inhibiting the growth of cancer cells and decreasing the speed of cell division of those tumors.⁹

Tumors form new blood vessels as a lifeline for growth; this

process is called angiogenesis. Dr. Judah Folkman proposed in 1972 that cutting off the blood supply to a tumor might starve the tumor and save the patient, and thus began the search for

antiangiogenic drugs that continues today. More than 140 biopharmaceutical companies are currently researching these drugs, and there are 40 drugs being studied in clinical trials now going on. But the best antiangiogenic drugs may be available in the produce section of your local grocery store.

A diet high in vegetables, fruits, and grains and low in animal products is your best protection against prostate cancer. Specifically, a high consumption of tomatoes and soybeans will lower your chances of developing this disease and increase your chances of survival if you've already been diagnosed. If you can't see yourself switching to veggie burgers and soy milk all at once, at least cut back on meat and dairy products or eliminate one thing at a time while adding more plant foods, especially soy and tomatoes.

Men who consumed the least amount of animal fat had one-third the risk of dying from prostate cancer.

⁶*Alternative Medicine Review*, vol. 4, p.162, 1999

⁷*European Urology*, vol. 35, p. 443, 1999

⁸*Journal of Nutrition*, vol. 129, p.1628, 1999

⁹*European Urology*, vol. 35, p.443, 1999

PC Spes—herbal treatment for prostate cancer

PC Spes is a combination of eight herbs—seven from the realm of traditional Chinese medicine and saw palmetto. A recent study showed that this herbal supplement dramatically decreased prostate-specific-antigen (PSA) levels in several patients. A lowered PSA level is often a sign that the prostate cancer has been reversed. Aaron Katz, M.D., assistant professor at Columbia Presbyterian Medical Center, is currently treating 55 patients with PC Spes. Since being on it, all now have either undetectable or stabilized PSA levels.

However, PC Spes is not cheap (\$162 to \$486 per month) and may cause side effects. Recently the *New England Journal of Medicine* reported a study conducted by Dr. DiPaola of the Cancer Institute of New Jersey in which he concluded that PC Spes produces such side effects as breast tenderness and loss of libido. I believe that while PC Spes may provide advantages over prescribed hormonal treatments, further study must be done to evaluate whether or not the potential benefits outweigh the risks. So far, the recent studies that have been done look encouraging. I'll be sure to keep you informed of new developments.

Handling the temptations of the holidays

The holidays are just ahead, and with them come lots of parties—and food! The treats offered at these festivities can be hard to resist, and many people wind up splurging, only to return home feeling sick and guilty. This is why you need to be prepared with a strategy for getting safely through the holidays.

I've developed two—which one you choose will depend on your personality. Are you (1) someone who prefers not to draw attention to yourself or (2) someone who enjoys standing out from the crowd and sparking conversations?

Strategy 1: Survive the holidays without causing a fuss

The topic of diet, like politics and religion, is a touchy subject. There are people who will subconsciously want to sabotage your personal gains (or should I say losses!). You may hear comments like "That isn't real food" and "If you don't eat any meat, what else is there?" A vegetarian on Turkey Day can feel as out of place as a respiratory therapist at a smoker's-rights rally.

In addition, your new lifestyle may make other people act defensive and guilty. If you don't want to

create such a stir, sometimes it's just easier to say nothing and put a little meat on your plate, whether you eat it or not.

If you've been following the McDougall Program faithfully, it probably won't hurt you to eat a piece of turkey or to drink a small cup of eggnog. If people limited their holiday-style eating only to holidays, most would be trim and enjoy excellent health.

In our home, we use healthy recipes, but we've also had a turkey on the table for the past few years, to please our non-vegetarian friends. I've been known to take a small piece to let others know I'm far less than perfect.

If you're going to have a turkey, please consider an "organically grown" one (also known as a "free-range, grain-fed" turkey), found in natural-food stores. They have less fat and chemicals. While "free-range" is something of a misnomer, these birds taste better, and are worth the extra price for this once-a-year celebration.

If your holiday meal is at a restaurant serving only the high-fat traditional foods, eat healthy before you go so that hunger won't drive you to indulgences you'll regret.

That way, you'll be able to select carefully and eat lightly.

Strategy 2: Show off your dieting success

If you enjoy being the center of attention, the holidays are a perfect time for you to show off your success in smaller clothes and increased vitality.

If you want to engage in a discussion, however, be sure to arm yourself with the facts beforehand. Many people will be resistant.

The holidays are also good times to introduce others to healthy, delicious foods. If you're hosting, consider all the healthy foods that could be on the table, such as mashed potatoes, bread stuffing, vegetable dishes, and cranberry mousses.

You may want to have a table full of new products that your friends and family can enjoy and marvel at, such as "Tofurkey," a tofu-based turkey substitute that even looks like the real thing. It can be found at most natural-food stores. There are also many new meat-substitute products available from great companies like Natural Touch, (614) 885-9511, and White

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Holiday Strategies

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Wave, (303) 443-3470. Or, if you want to abandon tradition altogether, try cooking a meal based on Indian or Chinese holiday recipes, since there is a long history of vegetarianism in those countries. (You can find some of my favorite holiday recipes on my web site: www.drmcDougall.com.)

Even if you're not in charge of the entire meal yourself, you can offer to contribute one or two dishes. Or try volunteering: Arrive

early and help with the food preparation, and bring some healthier ingredients along (like soy milk for use as a dairy substitute). Of course, check with your host first to be sure he or she doesn't mind. Some people may welcome the assistance, others may resist.

If you're going to be someone else's guest, make sure your host knows about your diet. Try the following lines, to elicit understanding:

- "I'm under doctor's orders to be careful about what I eat—no fats, salt, cholesterol, or sugar."

- "I've lost 15 pounds on my new diet, and I feel great! I don't want to slip—can you make some accommodations for me?"

- "I've always loved the meals you've made. But I've discovered a great new way to keep my weight down—and I'd like to stay on this program."

Whether you decide to implement strategy 1, strategy 2, or a combination of them, please give the matter of holiday meals some serious thought. No one wants to enter the year with excess pounds.

Mammograms can't diagnose breast pain and they may cause harm

Chances are this has happened to you, or to a woman you know: you experience breast tenderness or pain, and become concerned. You call your doctor for an examination, and he schedules you for a mammogram. While waiting for the mammogram appointment and then for the results, you worry yourself and your family with terrifying thoughts of "what if?"

Thousands of women endure this experience each year, and all of it is completely unnecessary.

The simple truth is that breast pain is *not* an indication of breast cancer. Yet many doctors will order a mammogram simply to satisfy a nervous patient—a patient who is responding only to the public relations blitz on breast cancer. But what these women don't realize is that mammography is not the magical tool of early detection they seek—and experiencing breast pain or tenderness doesn't warrant the procedure in the first place.

A recent study reported in the *British Medical Journal* found that in

women whose only reported symptom was breast pain, mammograms were of no benefit other than in providing reassurance to the patient.¹ And while peace of mind is of immeasurable value, mammography's rate of false positives and other misleading results hardly deliver on that promise either.

Mammograms too often lead to a dangerous cycle—inconclusive results, false positives, unnecessary biopsies, and follow-up mammograms—on top of the months of worry and stress for women and their families. A woman who seeks a mammogram due to painful breasts may undergo months of treatment and procedures that will yield no diagnoses and relieve none of her symptoms. And the problems could all be avoided if doctors told their patients the truth—that cancerous tumors are rarely painful.

Focusing on prevention, not detection, saves lives

The scary truth is, a cancerous breast tumor is undetectable until it has been growing in your body for over a decade. Although mammography has been touted as the

key to "early detection," its benefits in this area are suspect. The best a mammogram can do is to detect lumps 2 millimeters in size. At the typical rate of growth for breast-cancer cells, it would take a tumor up to *12 years* to reach a detectable size. I would hardly call that early detection.

For most women, mammograms are a waste of time, money, and energy—and may even be dangerous. I do not recommend mammograms for women younger than 50 or older than 69. Even for those 50 to 65, mammography has limited benefits and can cause substantial harm. The key to defending yourself against breast cancer lies in prevention, not detection.

Mammograms offer few benefits

Many studies have shown that women who undergo mammograms do not live any longer than those who do not. They offer almost no benefit for women under 50.²

The statistics show that more often than not, mammography is inaccurate and misleading.³ Studies have found that they miss a full 44

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¹British Medical Journal, vol. 317, pp. 1492-1495, 1998

²International Journal of Cancer, vol. 68, p. 693, 1996

³New England Journal of Medicine, vol. 331, p. 1493, 1994

Homespun Spuds: Smooth and Creamy Mashed Potatoes

Mashed potatoes are a real “comfort food”—they’re a part of any traditional holiday meal. They bring back images of home and hearth, and they leave us satisfied but not overstuffed. They’re simple and versatile too; feel free to experiment, because they can take on the flavors and colors of whatever you choose to add to them.

Almost any soup or stew can be poured over your mashed potatoes to make a colorful and flavorful meal. There are many sauces, vegetarian gravies, and vegetable mixes you can serve over your potatoes. Or, if you’re in a hurry, try a favorite barbecue or steak sauce straight from the bottle (I like Lea & Perrins), spaghetti sauce, or even a low-fat salad dressing. Try either brown or mushroom gravy and serve with cooked corn kernels, peas, or some other vegetable—use your imagination!

Mashed potatoes as the centerpiece of your meal will keep the whole family happy and healthy. They are complex carbohydrates, contain no cholesterol, are low-sodium, only 1 percent fat, and are high in fiber. They’re also rich in protein (11 percent of their calories), more than enough to supply the needs of even a bodybuilder; potatoes yield twice the amount of high-quality protein as does wheat per acre. And without the high-fat ingredients used to top them, they’re an ideal weight-loss food, with a large potato providing only 150 calories. They are also *the* most appetite-satisfying foods.

Try some of the potato variations included below, and enjoy! For more recipe ideas or suggestions, e-mail me at mary@drmcDougall.com.

With love,
Mary

Mashed potatoes

Russet potatoes make fluffier mashed potatoes, while Yukon Gold, Yellow Finn, and thin-skinned red or white potatoes are denser and more hearty. Three pounds of potatoes will yield approximately six to eight servings. Peel, simmer over low heat until tender, and mash, blending with soy milk. Add salt and pepper to taste.

Variations on basic mashed potatoes:

1) For roasted garlic mashed potatoes, cut the top off one head of garlic, drizzle 1 tablespoon

Mary's Corner

Recipe

OF THE MONTH

By Mary McDougall



vegetable broth over the cut portion, wrap in parchment paper, and then tightly wrap in aluminum foil. Bake at 400 degrees for about 45 minutes. Cool. Remove from wrapping, invert over bowl, and squeeze garlic out of the cloves. Add to potatoes while mashing.

2) For colorful mashed potatoes, add cooked vegetables while mashing. Try carrots, sweet potatoes, turnips, kale, well-drained spinach, broccoli, or celery root.

3) For herbed mashed potatoes, add fresh chopped herbs after the potatoes are mashed. Try parsley, dill, chives, cilantro, basil, or another of your favorites.

4) For green-onion potatoes, add 1 cup of chopped green onions to soy milk while heating, and then add to the potatoes while mashing.

5) For spicier potatoes, add 1 to 2 tablespoons of spicy brown mustard while mashing or try 2 tablespoons of prepared wasabi.

Brown gravy

Serve over potatoes, steamed vegetables, or grains.

2 cups warm water
1 tablespoon raw cashew pieces, rinsed
1 tablespoon onion powder
2 tablespoons cornstarch or arrowroot
3 tablespoons soy sauce
2 to 3 cloves garlic, pressed, or 1/2 teaspoon garlic powder
1/8 teaspoon freshly ground black pepper
1 to 2 tablespoons parsley flakes (optional)

Place 1/2 cup warm water and all of the ingredients except the parsley in a blender or food processor and blend until smooth and creamy.

When creamy, add 1 1/2 cups more warm water and blend. Pour into a saucepan and cook over medium heat, stirring constantly, until thick, about 5 minutes. Add the parsley flakes for color after cooking. Makes about 2 cups of gravy.

Potato tips

- Don't use a food processor—the potatoes will turn into starchy paste within seconds.
- Store in a cool dark place. Fifty degrees is an ideal setting. Do not refrigerate.
- Leave the skin on when cooking to preserve nutrients.
- Save the cooking water for moistening the potatoes and making gravy.
- Never bake in aluminum foil. It makes potatoes pasty, instead of dry and fluffy.
- Bake potatoes at 475 degrees, directly on the oven rack, for one hour. Poke holes in them with a fork so they will be fluffy and delicious.

The Doctor is in...

Giving up dairy without worrying about calcium

Q. I have been thinking about giving up dairy products because I believe they are exacerbating my allergies. However, how will I get enough calcium?

—Janice Connelly,
Baltimore, MD

JM First, let me say that you are right to suspect that dairy products could be exacerbating your allergies. When my patients eliminate dairy products their symptoms often disappear.

Common symptoms include a chronic stuffy nose, sinus trouble, frequent ear infections, asthma, bed wetting, constipation, arthritis, and eczema. A two-week trial period in which patients eschew all dairy products is important for anyone who suspects an allergy.

Secondly, there is no need for you to be concerned about not getting enough calcium provided you're eating plenty of plant foods. There is more than enough calcium to feed our bones in the plant foods our Creator has provided.

Calcium originates in the earth, where it is dissolved by rain and water and then is taken up by the

roots of plants. Animals, including humans, absorb calcium when they eat plants. The earth's largest and strongest animals—gorillas, elephants, hippos, and horses—are all plant eaters with huge skeletal systems. If plants have sufficient calcium to grow the huge bones of these animals, they're certainly able to grow a puny human skeleton.

For further information, check out these resources: www.lactose.net and the recipe book *CalciYum!* by David and Rachelle Broneman, which has 120 calcium-rich recipes made without any dairy products.

With best regards and To Your Health,
Dr. McDougall

Relief for constipation

Q. I have a terrible problem with constipation. My doctor thinks it is psychosomatic. What do you suggest?

—Sally K.,
San Jose, CA

JM While there can be a psychological component (traumas do manifest themselves physically), it's more likely that a true physical problem is causing your anguish.

Many doctors recommend stool softeners or bulking agents. But these address only the symptom, not the cause, and people can become dependent on them.

The most common cause of constipation is lack of bulk in the colon. Dietary fiber makes up the bulk of

a stool, and that fiber is present only in plant products. Unfortunately, the typical American diet falls far short of our fiber needs—since it consists primarily of meats, fats, and highly refined grains.

The best solution is to increase your fiber and water intake. Focus on eating mostly vegetables, fruits, and whole-grain products. Prunes, especially, are effective. Another helpful bulking agent is flaxseed; add 2 to 4 tablespoons of whole flaxseed to each cup of a grain, such as rice, before cooking.

You should also seriously consider eliminating dairy protein—it can cause allergic reactions that paralyze bowel activity.

For immediate relief, try drinking more water (say, 10 glasses a day). As a last resort, I recommend a nonabsorbable sugar called lactulose (available only with a prescription), which draws water into the colon and helps even the toughest cases.

With best regards and To Your Health,
Dr. McDougall

We welcome your input! If you have comments, article ideas, or anything else you wish to share, please write to us at: **Dr. McDougall's To Your Health, 819 N. Charles Street, Baltimore, MD 21201.** Due to a high volume of reader mail, we may not be able to respond personally to each letter. However, your letter will be read and taken into consideration for future issues and special reports.

Mammograms...

Continued from page 4

percent of cancers in women in their 40s—the very age group that supposedly benefits most from this “preventive” procedure.

Much of what mammograms detect as cancer, and what is later removed by lumpectomies and, more tragically, mastectomies, is not dangerous at all. More than half of the newly diagnosed breast

cancers in women under 50 in the U.S. pose no health risk.

True preventive care you can administer

A healthful plant-based eating program like the McDougall Plan eliminates cancer-fueling fats, cholesterol, and chemical toxins from your diet, while fortifying your body with natural cancer-fighting and immune-boosting nutrients. Even if you have already been

diagnosed with breast cancer, following a plant-based eating plan can help your body fight the disease and improve your chances of beating breast cancer.

Take responsibility for your health by adopting a plant-based, preventive diet, and question the recommendations of the mainstream medical community. You and your family will be glad you did.

Keeping up with Dr. McDougall

Recommended Books: (Great for Gifts!)

The McDougall Program for Women • The McDougall Program for a Healthy Heart • The McDougall Quick and Easy Cookbook • The McDougall Program—Twelve Days to Dynamic Health. Found in bookstores or order at (707)576-1654; fax: (707)576-3313; (800)570-1654; on the web: <http://www.drmcDougall.com>

McDougall Programs at St. Helena Hospital

If you are serious about regaining lost health and appearance this is the place to spend your next vacation. For most people this is a vacation from medication, feeling poorly, and being out of control of their health and future. In 12 days the average weight loss for overweight people is 5 pounds (eating all they want of delicious foods), cholesterol levels drop 29 points, blood pressures fall and most people stop their blood pressure and diabetic pills. Begin the new millennium on a road to good health and regain the youthful appearance you deserve. Join us for one of the best times of your life on Dec 5, 1999, Jan 9, Feb 6, or Mar 5, 2000 at my 12-Day Live-In Clinic, Napa Valley, CA. I (John McDougall, MD) personally care for all the participants. Reservations and information: (800)358-9195; (707) 963-6207.

McDougall, M.D. on TV

Nationally Syndicated TV Show found on 150 independent stations, Primestar Satellite 8 am EST Saturday, broadcast.com on Kaleidoscope, and at drmcDougall.com. Locate a local station at clicktv.com.

Instant Healthy Meals

Dr. McDougall's Right Foods. 16 Items: Cereals, Soups and Meals in a cup. Found in grocery and natural foods stores or order at: FAX: (650)635-6010; (800)367-3844; On the web: <http://www.rightfoods.com>.

McDougall Adventures for 2000

What people say about McDougall Adventures:

"I've never met so many interesting people in one place, all having the time of their lives."

—Ann Wheat, Belvedere, CA

Ann has been on the last 7 McDougall Adventures and will be on the next 2 in the year 2000.

"We want to thank you and your lovely family for all your hard work in giving us the nicest, most organized trip we ever experienced. We truly now know the meaning of adventure. We especially liked the food and that was the main reason I wanted Wesley to go on this trip."

—Jeannine Uffelman, Napa, CA

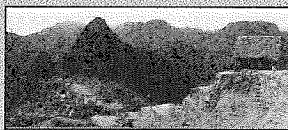
"Walter and I had a vacation of a lifetime. We couldn't have been happier with the experience. Your attention to detail and consideration for each participant made this marvelous experience possible."

—Nancy Joerg, St. Charles, IL

"Thanks for the multitude of wonderful adventures in Costa Rica; our children are very excited about the nutritional information and fun you both provided."

—Janet Lamb, San Carlos, CA

12 Days to Peru and Machu Picchu March 20-31, 2000



\$2675* (Based on double occupancy, includes air and ground transportation within Peru). All inclusive (except alcoholic beverages and air transportation to Lima). Special airfares to Lima available. Visit Lima, Cuzco, Pisac Market, Machu Picchu (with a night spent at the hotel at the ruins), Puno, Lake Titicaca and much more. Deposit is \$600 per person (fully refundable until December 1, 1999, balance due January 7, 2000).

8 Days in Costa Rica July 31-August 7, 2000

\$1450 and up* All inclusive (except airfare, based on double occupancy). We're leaving July 31 for El Ocotal, a paradise on the northwest coast of Costa Rica. Adventures are planned for Coribici river rafting (Class 1 to 2), Los Inocentes Ranch (Horseback

riding if you choose), Tamarindo Estuary (small boats into the mangroves), the Tree Top (easy trip)/Canyon Tour (real scary), national parks and local attractions. Entertainment most nights. Scuba and snorkeling included. Singles are \$1850. Deposit is \$400 per person (fully refundable until March 15, 2000, balance due May 1, 2000).

We have rented the entire hotel in Costa Rica so the food will be excellent, low-fat, no-cholesterol, prepared McDougall-style. Peru will be a little more of a challenge. In addition, John and Mary McDougall will be providing education on the McDougall Program. Travel insurance available and recommended. Special airfares available (Example, from San Francisco, \$750 to Peru and \$650 to Costa Rica). For more information or reservations for any of these McDougall Adventures call (800) 570-1654.

*All rates are per person. Itinerary and prices subject to change due to circumstances beyond our control. CST #2049430-50



Your diet may be giving off the wrong signals!

The sense of smell is 10,000 times more sensitive than the sense of taste, and it is actually a huge component of what we call "taste." Remember the last time you had a cold and your food tasted bland? That was primarily because your nose was stuffed and you couldn't smell it.

Think back to when you were growing up. I remember the aroma of my mother's pancakes from the kitchen, as well as freshly cut grass and moist dirt from the playing field. Experiencing those same smells now triggers a flood of memories.

Or, if you've traveled around the world, your nose alone could tell you where you are. There's no denying the power of kimchee, the staple of the Korean diet; the essence of its fragrant garlic and cabbage wafts through the pores of people who eat it every day. Eskimos, who mainly eat fish, have been accused of smelling like fish. During the Vietnam conflict, Vietnamese soldiers said they could detect the presence of new American troops because they smelled like rancid butter and meat.

A change in diet can trigger a change in smell

People's self-identity can be partially dependent on smell. Penny Honer, 46, of Fort Bragg, Calif., experienced a change in body odor and complained that she did not smell like "herself."

"About two years ago, I noticed that I smelled different," she told me. "I felt like I was in someone

else's body. Smells are important to women. I know what my children, my husband, and even my cornbread and lasagna smell like. When they don't smell right, it's a warning signal that something is wrong. And when you personally don't smell the same way you have for many years, it's alarming."

Penny sought medical help, not just once but twice. "I saw an internist and an OB-GYN about it. They shrugged it off and said they'd never heard of that before."

Soon after that, she came to me. I told her that we can control the way we smell with the foods we eat. My program helped Penny solve her scent problem. Before beginning the McDougall Program, she regularly consumed candy bars, goat cheese, liver and onions, fast-food burritos, and sodas. These foods could easily have caused the offensive body odor.

Once Penny switched to a low-fat, starch-based diet, it took only five days before she noticed an improvement. She told me her relationship with her husband was reborn when her normal body odor returned after two years of unpleasant smells.

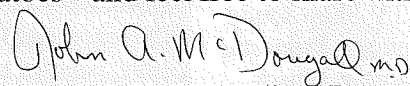
Each of us has a unique scent that is partially determined by the foods we eat. Switching to a plant-based diet worked for Penny and could work for you. Incidentally, Penny also lost 17 pounds after four weeks on my program—she's actually back to what she weighed in high school!

Soon you could be not only more fragrant, but thinner and healthier too!

Issue wrap up

In this issue I have explained to you how important food is in determining your future, especially when it comes to cancer. People believe that "everything causes cancer" and that we can do nothing to save ourselves—that's just not true. The *Journal of the National Cancer Institute* reported (June 1999) that the people of Papua New Guinea were essentially free of breast and other common cancers until 1958 because of their diet based largely on sweet potatoes and green vegetables. Unfortunately, that's all changing now with the modernization of their diet. In addition, you have learned more about the true value of early detection. The cancer industry thrives on your fears. Better informed, you are less likely to fall victim to useless and often very harmful tests and treatments.

And finally, I hope you'll enjoy putting some of my practical holiday tips to use in the coming months. Please be sure to let us know how you like the mashed potatoes—and feel free to share with us favorite variations of your own.


John A. McDougall, M.D.

PS. Next month you will learn more reasons why the popular high-protein diets are temporary fixes, at best, and are harmful. I'll talk seriously about the obesity epidemic, and the real solution. And you can look forward to curling up on those cold winter nights with a delicious bowl of Mary's soup or stew.

John A. McDougall, M.D., graduated from Michigan State University Medical School and completed his residency training in internal medicine at the University of Hawaii. He is a board-certified specialist in internal medicine and one of the world's leading experts on health and nutrition. As medical director of a revolutionary program at St. Helena Hospital in Napa Valley, California, he has attracted national acclaim for helping people of virtually all ages to overcome chronic illnesses and reverse life-threatening conditions. Dr. McDougall is the author of several nationally best-selling books, including *The McDougall Plan*, *McDougall's Medicine: A Challenging Second Opinion*, *The McDougall Program: 12 Days to Dynamic Health* and *The McDougall Program for Maximum Weight Loss*. Dr. McDougall's face will be familiar to many from his television appearances on *CNN*, *The Phil Donahue Show*, and other programs. He also hosts his own nationally syndicated television program *McDougall, M.D.* shown throughout the country.