

Dr. John A. McDougall's

TO YOUR HEALTH

Real people—real results

Meet four people who have found health and happiness
the McDougall way

The most rewarding aspect of my work is hearing from people who have found success with the McDougall program. Over and over again, I hear how this program has changed lives and helped people regain their health.

"McDougallers" generally start out with one of three motivations: weight loss, relief from sickness or disease, or improving overall health and well-being. And, over time, most people end up reaping benefits in all three areas. But one thing they definitely have in common is results—and a commitment to living the rest of their lives this way.

I'd like to share some of these stories with you, to put a human face on the McDougall plan and hopefully inspire you to lead a more healthful way of life.

Regaining control of your body— and your health

Karen Canzoneri, from San Mateo, California first started dieting when she was 7 years old. Over the years, she tried nearly every diet out there, including Diet Center, Weight Watchers, and Jenny Craig. Some worked for a while, but the weight always came back. At age 27, she was 5 feet 4 inches tall, weighed 265 pounds, and was miserable.

Everyday tasks like walking up a flight of stairs or crossing a parking lot left her out of breath. Shopping for clothes was a nightmare. Karen was ashamed to even go out in public, feeling that everyone was looking at her and thinking how fat she was. To her, the weight defined who she was—and it wasn't who she wanted to be.

Over the course of 10 years, Karen was able to lose some weight on other programs. But she never felt in control, and she never felt healthy. Finally, in 1996, she learned about my Maximum Weight Loss program, and decided to take this step in reclaiming her life.

Today, Karen is the person she always knew she could be. She weighs 148 pounds, and, although she'd

still like to lose a few more pounds, she's happy and her doctor says she's in perfect health. She credits much of that change to the McDougall plan.

"Your books have really changed my life," she wrote to me. "My entire outlook on life has changed. I no longer feel self-conscious, I feel good about myself, and I get along better with everyone—my family, the people I work with..."

After trying so many other diet plans, what made the McDougall plan work for her? Karen credits her success to the volume of food available to her. "I like to eat big quantities, and I like to eat real food!" she said. "I always hated the weighing and measuring [required with other diets]." On this program, quantities of most foods are not limited at all.

With renewed energy and confidence, Karen has become an avid exerciser. She springs out of bed each morning (she needs only five to six hours of sleep a night now!) and enjoys a cardiovascular and strength-training workout. She and her husband also enjoy bicycling, hiking, and many other outdoor activities. Now, Karen enjoys shopping for fashionable clothes and looks forward to meeting new people and going new places.

Peace of mind and body for Crohn's disease patients

For years, Linda Orick from Modesto, California, did not have a name for her suffering. According to her doctors, the almost constant diarrhea and stomach pain resulted from nerves. "Relax, you have a lot on your mind," they said, "with a full-time job as a high school counselor and the demands of a family and home." Tranquilizers were prescribed to help her "calm down."

But the tranquilizers didn't help. The diarrhea and pain worsened. The fear of having an embarrassing and painful attack kept Linda from many activities she once enjoyed. Eating out in restaurants and traveling were

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TO YOUR HEALTH

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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 by 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.

Success stories

Continued from page 1

nearly impossible. Instead, Linda stayed at home, wondering what was wrong with her and why no doctor could help.

Finally, after a particularly bad bout that kept her in bed for days, she went to the doctor again. He ran a battery of tests and found that her potassium was so dangerously low that she was at risk of a heart attack. She was admitted to the hospital, where she remained for a week. Finally, a colonoscopy revealed that she was suffering from Crohn's disease, a chronic, life-threatening inflammation of the intestine.

The mainstream medical community considers Crohn's a disease without a cure. The only treatment offered to Linda was a lifetime of taking four large sulfasalazine pills a day. Linda asked her doctors about recommended dietary changes. "Drink milk to coat the intestinal tract," they said. "Stay away from whole grains and roughage and just keep taking those pills."

Over the next several years, Linda's symptoms would come and go, even while she was taking the medication. She still lived with constant anxiety, wondering when an attack might hit. The years of suffering had run her body down to the point where she wondered if she would be able to complete the school year.

Then, her daughter told her about *The McDougall Program: 12 Days to Dynamic Health*. Her daughter was interested in the plan's weight-loss benefits, but she was also intrigued at what it offered in health benefits—specifically, for Crohn's disease.

Admittedly, she was apprehensive. After all, my program contradicted nearly everything her doctors had been telling her about the treatment for Crohn's. But she was

tired of living in fear of her body, and wasn't looking forward to a lifetime of dependence on drugs.

Linda and her daughter began the 12-day, live-in program at St. Helena Hospital and Health Center, and something amazing happened. Almost immediately, she felt the difference. No more diarrhea or pain. No more anxiety. And more energy. Both of them lost weight. And, for the first time in years, Linda stopped taking her medication.

"It has made such a difference in my life," said Linda. She has been totally symptom-free for over a year and no longer takes any medications. "I can plan things now and not be fearful. Now I can just have a wonderful time."

Curing the incurable

Sabrina Nelson and her young family were committed to healthy living. After all, she and her husband Jeff had been vegetarians for seven years, though they still consumed dairy products. So Sabrina was surprised when she developed a painful, burning redness in her ears.

Doctors were puzzled by her symptoms, but, finally, she received a diagnosis—relapsing polychondritis. This rare auto-immune disease, commonly known as RP, is related to arthritis and lupus. Little is known about RP, other than the symptoms its victims exhibit—namely, inflammation of cartilage throughout the body. The cartilage of the ears, nose, throat, ribs, and joints can be affected, with redness, inflammation, and a painful burning sensation. In many cases, RP is debilitating and life-threatening, particularly when it moves into the respiratory system.

RP is another of the medical community's incurable diseases, a "disease with unknown cause." Doctors offered little hope of relief for Sabrina, other than treating her with prednisone and telling her to stay out of the sun. In her sunny California climate, staying out of the sun meant missing out

on a lot of family fun, and the medication offered questionable results and the risk of a whole host of side effects. Sabrina wondered what the rest of her life would be like, relying on medication and waiting for the next episode to hit.

About a year later, while recovering from another painful flareup, Sabrina began to read one of my books, which she'd been given as a gift. Originally, she thought I would have nothing new to teach her, as she was a longtime vegetarian. But when she read about my findings on the links between dairy products and autoimmune diseases, she took notice. After discussing it with her husband Jeff, the Nelsons decided that very day to eliminate eggs and dairy products.

Just one month after adopting

To me, it seemed far more inconvenient to live life on dangerous medications and in pain than to make some changes in my diet.

the McDougall plan, Sabrina went for a checkup with her doctor. For the first time since her diagnosis, the antinuclear antibodies and the sedimentation (SED) rate in her blood, which signal the degree of RP activity, weren't elevated. After three months, and three blood tests showing her SED rate was normal, her doctor declared the RP "in remission." Today, more than three years later, Sabrina has had no more recurrences of RP.

"I don't think I'm just 'in remission,' but am cured—as long as I don't eat dairy, eggs, meat, chicken, or fish," wrote Sabrina. "Switching to a diet devoid of animal proteins saved my life."

Now Sabrina leads a full life

independent of medications. For her, the change was a simple choice. "To me, it seemed far more inconvenient to live life on dangerous medications and in pain than to make some changes in my diet. It's a lot less radical than taking powerful drugs to get only temporary relief," she said.

Turn your health around—follow the "owner's manual" to your body

Wesley Wada wrote to me from Hawaii with this powerful analogy: "People are willing to spend days and weeks researching the best computer or best car to buy but don't have the interest to read about the most important equipment they already own, their bodies!"

Wes adopted my plan as his personal "owner's manual" back in college. In those days, he carried around about 50 excess pounds. His skin and hair were oily, and he often suffered with constipation and hemorrhoids. He seemed to catch every flu and cold that came along. Even at his young age, Wes was experiencing the early signs of arthritis, with joint pain, popping, and cracking. Frankly, Wes was a mess.

Then he found The McDougall Plan. "[This book] forever changed my understanding of health and nutrition," wrote Wes.

After he adopted the plan and followed it faithfully, Wes experienced tremendous benefits in almost all areas of his health. He lost over 50 pounds and lowered his cholesterol to 99. His skin and hair cleared up. Digestive problems vanished, and with them the painful hemorrhoids. Even the joint pain and popping stopped! And he remained healthy through cold and flu season, able to fight off the bugs with his strengthened immune system.

As an added bonus, Wes felt more energetic and positive than ever. He began exercising regularly,

an important component of overall good health. And he began spreading the word to others. Wes has been following my plan now for 15 years, and has never been healthier.

Find the inspiration to change

These are real people who have seen real results and positive changes in their health—and in their lives—thanks to a health-supporting diet. I hope you found their stories inspirational—and supportive of the choices you are beginning to make for you and your family.

Remember that Karen, Linda, Sabrina, and Wes—along with many others—all had to start somewhere. Change occurs one day at a time. You've taken an important first step by learning more about healthy living through publications like this one. Resolve to take a few more steps in the next few months—begin an exercise program, start to wean yourself from meat and dairy products, and increase your consumption of fruits and vegetables. Try different recipes and serve a meatless meal three days a week. Small steps like these can start you on the road to a healthy lifestyle—and a success story of your own.

We welcome your input!

If you're using Dr. McDougall's program and would like to share your success stories about weight loss, heart disease, arthritis, cancer, headaches, etc., please write to us. Your story may help to inspire others and may give us new ideas for articles. Send mail to:

**Dr. McDougall's
To Your Health
819 N. Charles St.,
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.

Mitral valve prolapse: misdiagnosed and misunderstood

Mitral valve prolapse is one of the most misdiagnosed conditions in modern medicine. Thousands of people, many of them young and healthy women, have been told they have MVP—and were then subjected to totally unnecessary medication, anxiety, and insurance discrimination as a result.

New research is confirming that MVP is not as prevalent as the original studies showed and even when it is present is not necessarily an indicator of future problems. Improved diagnostic techniques and more complete research are revealing this condition for what it is—most often, a harmless irregularity that you don't have to worry about.

What is MVP and who gets it?

The mitral valve connects the left atrium and the left ventricle in the heart. The valve has two flaps (also known as *leaflets* or *cusps*) that open and close as the heart pumps. In a true case of MVP, one or both of the flaps are enlarged and thus prevented from opening and closing properly. Part of the flap may collapse, or “bow,” back into the left atrium during a ventricular contraction. This may allow a small amount of blood to leak backward through the valve and may cause a heart murmur.

Early MVP studies reported that the condition existed in anywhere from 5 percent to 35 percent of the general population, with higher prevalence among young women.¹ However, researchers from two recent studies agree that faulty research methods and the lack of definition contributed to a

rampant overdiagnosis of MVP over the last 30 years. And, along with it, came the threat of numerous health risks.

MVP was linked to many serious health concerns, such as strokes, heart failure, and atrial fibrillation. Often, patients diagnosed with MVP were told to take megadoses of antibiotics before dental work or surgery to prevent possible infection of the valve during the procedure. And some even experienced problems with their health-insurance companies based on their “pre-existing condition.” Now, it seems all of these problems and feelings of anxiety have been for naught.

Faulty studies and a lack of standards led to an MVP scare

Many doctors have long thought that the seriousness of MVP has been exaggerated, but now the belief is supported by more and more research. New reports suggest that early studies on MVP were limited to hospital-based samples and patients who were referred based on previous diagnoses. This so-called “referral bias” favors patients already exhibiting a related condition like heart disease or stroke. In addition, some studies identified MVP in patients after they had experienced strokes or similar events.² These were obviously flawed samples, certainly not representative of the general population.

Another recent study found no correlation whatsoever between MVP and stroke in a group of 689 people.³ Over the course of a year, a group of young patients (under age 45) with a history of stroke was compared to a control group of the same age without known heart disease. MVP was found in only 1.9

percent of the stroke patients and 2.7 percent of the control group.

And, it turns out, MVP is much less common among the general population than originally reported.⁴ Once again, most likely due to a lack of standards.

Diagnostic techniques aren't always accurate

A variety of procedures can be used for diagnosing MVP, but the most common tool is an echocardiogram. This test is essentially an ultrasound of the heart, where a technician uses an instrument called a transducer to direct high-frequency sound waves. This allows doctors to view an image of the heart on a nearby monitor. The amount of “bowing” in the valve and the thickness of the flaps are measured in order to diagnose MVP, but a wide range of measurements applies. Doctors routinely diagnose MVP for bowing measurements anywhere between 1.5 and 3 mm.

Echocardiography is tricky, because it attempts to represent a three-dimensional organ through a one- or two-dimensional image. Most of the early MVP diagnoses were formulated based on one-dimensional echocardiograms. Since then, researchers have recognized the three-dimensional saddle shape of the mitral valve, which helps doctors interpret echocardiograms more accurately. New technology has also contributed a two-dimensional technique, which presents a more realistic image.

A recent study examined 1,845 women and 1,646 men, with a mean age of 54.7 years. First, the study team established specific definitions for MVP and categorized the syndrome into “classic” and “nonclassic” groups. The groups

¹N Engl J Med, 341:1-7, 1999

²Ibid.

³N Engl J Med, 341:8-13, 1999

⁴N Engl J Med, 341:1-7, 1999

DESSERTS

In our home, we very rarely eat dessert. It's something that I make for a special occasion or when we have guests over. I do, however, realize that most people like to finish off their meal with a luscious treat. Here are a few of our favorites.

LUSCIOUS LEMON PIE

Servings: 8
Preparation time: 25 minutes
Baking time: 20-30 minutes
Chilling time: 2 hours

Crust:

2 cups Grape Nuts cereal, crushed
1/3 cup apple-juice concentrate, thawed

Filling:

1/4 cup cornstarch
3 tablespoons unbleached white flour
1 cup sugar
1/4 teaspoon salt
1 cup cold water
1 cup firm tofu
1/2 cup freshly squeezed lemon juice
1 tablespoon grated lemon peel

Preheat oven to 325 degrees.

Combine the Grape Nuts and apple-juice concentrate. Press into a 9-inch pie plate. Set aside.

Place cornstarch, flour, sugar, and salt in a medium saucepan. Mix well. Gradually add the water, stirring until blended. Cook over medium heat, stirring constantly, until mixture comes to a boil. Cook and stir for 1 minute.

Remove from heat and set aside.

Put the tofu, lemon juice, and grated lemon peel into a food processor. Blend until smooth. Gradually add the cornstarch mixture while blending. Continue to blend until silky smooth. Pour into the crust.

Bake at 325 degrees for 20-30 minutes, until the filling starts to set. (middle of pie will still shake)

Chill for at least 2 hours.

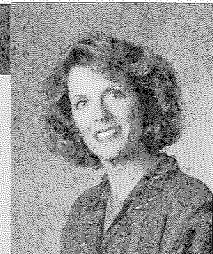
CARROT CAKE

Servings: 12
Preparation time: 30 minutes
Cooking time: 10 minutes

Mary's Corner

Recipe OF THE MONTH

By Mary McDougall



Baking time: 45 minutes
1 3/4 cups water
1 cup grated carrots
1 cup raisins
1/2 cup honey
1/4 cup chopped dates
1 teaspoon cinnamon
1 teaspoon allspice
1/2 teaspoon nutmeg
1/2 teaspoon ground cloves
3/4 cup unbleached white flour
3/4 cup whole-wheat flour
1/2 cup bran
1 teaspoon baking soda
1/2 cup chopped walnuts (optional)

Preheat oven to 350 degrees.

Place the water in a large saucepan. Add carrots, raisins, honey, dates, cinnamon, allspice, nutmeg, and cloves. Bring to a boil, reduce heat, cover, and cook, stirring occasionally, for 10 minutes. Remove from heat and cool.

Meanwhile, combine the flours, bran, and baking soda. Add the cooled carrot mixture and mix well. Stir in walnuts. Pour into a nonstick 9-by-9 baking dish. Bake for 45 minutes.

Serve warm or cold. Cake will be very moist.

BAKED RICE PUDDING

Servings: 4-6
Preparation time: 10 minutes
Cooking time: 45 minutes
2 cups cooked rice (white or brown)
1 1/2 cups vanilla soy milk or rice milk
1 cup raisins
2 tablespoons honey

Preheat oven to 325 degrees.

Combine all ingredients in a bowl. Pour into a covered casserole dish and bake for 45 minutes. Serve hot or cold.

shared common criteria for bowing measurements, but the classic group measured flap thickness of at least 5 mm. Only 2.4 percent of the entire group was found to exhibit classic MVP, with 1.7 percent showing the nonclassic. This is a huge decrease from the earlier reports of 5 percent to 35 percent.

Question your diagnosis

Echocardiograms are also highly operator-dependent. Results of the

procedure can vary greatly depending on the positioning of the transducer. A variety of views are necessary to get a full picture of the heart and an accurate diagnosis.

If you have been told you have MVP, particularly if the diagnosis was made years ago, you may want to re-evaluate your diagnosis and get a second opinion.

The mitral-valve-prolapse fiasco is a perfect example of how the

mainstream medical community's public-relations machine can get out of control. Overdiagnosis and assumption of additional health risks are all too common in the medical community. Without closely examining the research methods and determining specific diagnostic criteria, the MVP train started rolling in the 1980s and is still reeling down the tracks today.

Continued on page 8

The doctor is in...

Can soy make you sick?

Q. I read recently that studies have found a link between soy products and dementia. I thought tofu and other soy products were good for me. What's going on?

JM You're right to be concerned. Many vegetarians rely on soy products, and a finding like the one you've described is cause for more research.

The study you're referring to was reported in the *Honolulu Advertiser* on Nov. 26, 1999. Dr. Lon White of the Pacific Health Research Institute studied 3,734 Japanese-American men in the Honolulu Heart Study. He found that Asian-American men were more likely to suffer cognitive loss or Alzheimer's disease during middle age (45 and older) if they ate tofu more than twice a week.¹ The more tofu consumed, the lower the score on a standard cognitive test for determining dementia. In addition, in 300 autopsies, brain weight was conversely linked to tofu consumption. An independent association reached a similar finding when dementia was observed among the wives of these men.

Understand that this is only *one* study, and the work has yet to be published in a scientific journal. Much more research needs to be done before we can come to any definitive conclusions.

White theorizes that the phyto (plant) estrogens in tofu may be interfering with the brain's ability to use human estrogen. Typically, human estrogen attaches and binds to brain cells. Estrogen has long been thought to improve brain function, a finding that has been

supported in studies of women on hormone-replacement therapy. White's theory suggests that the phytoestrogens are clogging the brain's receptor sites, blocking human estrogen from attaching.

However, another possible reason for this association is the high content of aluminum found in soybeans. Aluminum is the only known controllable cause of Alzheimer's disease. Soybeans acquire aluminum and other metals from the soils they are grown in. In the soybean, these metals are attached to other substances, such as phytate, to make unabsorbable complexes. However, the heating and processing of soybeans to make tofu may free up the aluminum so that it can be readily absorbed.

My advice is to go easy on the soy products and use them only as condiments—for many reasons, not just because of this study. For one thing, tofu is 54 percent fat and low in dietary fiber. In the process of making tofu, the fiber is removed. Also, the high phytoestrogen content of soy products interferes with the actions of hormones in the body, including thyroid hormones, estrogen, and testosterone. There is also some concern that such products may be involved in disorders like infertility, goiter, and hypothyroidism. Again, there's a lot of cause here for more research.

In the meantime, there are many soy alternatives. For example, try rice milk instead of soy milk; there are even milks made out of cashews and almonds. You could also skip using milk all together and substitute fruit juices on many occasions (even on your cereal). When you're shopping, look for vegetarian products (like veggie burgers) that are high in grains, not soy. And there's a product on the market called Seitan (wheat gluten), which is a soy substitute you could try in small doses.

Keep your eye out for more

research on this topic. I'll be sure to report any findings in future issues.

Honolulu Advertiser, A1, Nov. 26, 1999

Soy milk substitutes

Nut milk and rice milk are a couple of good milk substitutes, especially since you can save some money by making them yourself. Following are the recipes we use at our house. Keep in mind that they will spoil just as milk does, so be sure to keep them refrigerated.

servings: 1 quart

preparation time: 5 minutes

cooking time: none

Nut Milk

Ingredients:

4 cups water

3/4 cup raw cashews or
blanched almonds

Place water in blender jar, add nuts, and blend at high speed (about 60 seconds).

Hint: For a smoother milk, this may be strained before pouring into the jar for refrigeration.

Rice Milk

Ingredients:

4 cups water

1 cup brown rice

1 tsp. vanilla (optional)

Place all ingredients in blender jar and process until smooth. Shake before using.

Hints: This is a sweet-tasting milk, especially when the vanilla is used. May be used in almost any recipe calling for milk. For a smoother milk, let set for 30 minutes; then, without shaking, pour the milk into another container, leaving the sediment behind. This sediment may be added to soups or stews as a thickener if desired.

Keeping up with Dr. McDougall

Recommended Books: (Great for Gifts!)

The McDougall Program for Women (Now available in paperback, \$14.95+ S&H) • *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 and Health Center

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 taking 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 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: tel. (800)358-9195 or (707) 963-6207.

Upcoming Events

North American Vegetarian Society meeting in Ashville, NC July 5-9. Dr. McDougall speaking on July 7 (pm) and on July 8 (am). Call (518)568-7970 for details.

Instant Healthy Meals

Dr. McDougall's Right Foods. 16 Items: Cereals, Soups and Meals in a cup. Four new meals available: Chili w/Beans & Corn Chips, Mashed Potatoes—Country Garden Style,

Oatmeal & Barley w/Real Peaches & Raspberries, and Oatmeal & Barley w/Real Bananas & Maple. Found in grocery and natural foods stores or by phone: (800)367-3844 or fax: (650)635-6010; On the web: <http://www.rightfoods.com>.

McDougall Adventures for 2000

What people say about McDougall Adventures:

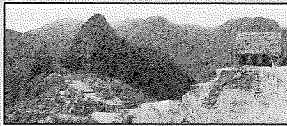
"I've never met so many interesting people in one place, all having the time of their lives."
—Ann Wheat, Belvedere, CA

Ann has been on the last seven McDougall Adventures and will be on the next two 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 now truly 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

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.

*Space is still available—sign-up today!

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 \$1,850. 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



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.

PSA—an effective inhibitor of cancer-cell activity

The PSA test has long been used to screen for prostate cancer and to serve as a marker for reoccurrence of the disease. This simple blood test measures the level of PSA (prostate-specific antigen), a protein that is secreted by the prostate gland and naturally leaks into the bloodstream.

Although the test has been used for many years, a clear explanation for the elevated PSA levels in prostate-cancer patients was never found. Now, a new study conducted by researchers at Entremed, a biotechnology firm in Maryland, proposes that elevated PSA levels in the blood may actually be a positive finding for prostate-cancer patients.¹

In laboratory tests, scientists tested the effects of PSA on cell proliferation, migration, and invasion, the key steps by which tumors develop a blood supply.

In all three cases, PSA was shown to be effective in inhibiting the activity of the cancer cells. The findings suggest that elevated levels of PSA in the blood show that the body is fighting the presence of cancer in a natural, positive way.

To learn more about PSA testing and prostate-cancer treatment, refer to the October 1999 issue of *To Your Health*.

¹ *Journal of the National Cancer Institute*, 91:1635-1649, 1999

Study shows that breast-fed babies have higher IQs

According to a University of Kentucky study released on Sept. 22, 1999, breast-fed babies have IQs about five points higher than those of bottle-fed babies. University of Kentucky nutritionist James Anderson estimated that about 40 percent of the IQ increase comes from the maternal bonding and 60 percent from the nutritional value of the milk itself.¹

I have always been opposed to formula. I believe that it is a drug that should be available only by prescription, to be used in the event that the mother is seriously ill. Nature designed breast milk as the perfect food for infants. Not only is the milk itself important for their development, but the act of breast-feeding is a bonding experience that enhances their psychological development.

¹ *American Journal of Clinical Nutrition*, vol. 70, p. 525, 1999

Mitral Valve Prolapse

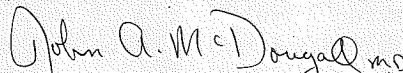
Continued from page 5

Finally, the medical establishment is reexamining MVP and is coming to some not-so-surprising conclusions. Unfortunately, it's a little too late for those who have been subjected to unnecessary heart drugs in the name of prevention or who have been labeled by their insurance companies as having a "pre-existing condition" that will ultimately prove to be harmless.

Issue wrap-up

In this issue, you met four people with supposedly incurable diseases. They were considered incurable because seldom does anyone think of our diet as the probable cause. Since every day we take in 1 to 5 pounds of our environment in the form of breakfast, lunch, and dinner, you would think our fork and spoon would be primary suspects. They're not. Almost everyone—doctors and dieticians included—believes the standard American diet is ideal human nutrition. If you are suffering from apparently incurable health problems, don't give up; consider a change in your diet and exercise program. You'll be amazed at the incredible—and possibly life-saving—results.

In next month's issue, you'll learn the truth about the link between stress and cancer. Also, you'll find out what the ads aren't telling you about the popular new "cholesterol-lowering" margarines. Plus, important new information about calcium channel blockers, St. John's Wort, the effects of vitamin E and fish-oil supplements, and much more!


John A. McDougall, M.D.

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 *CHN*, *The Phil Donahue Show*, and other programs. He also hosts his own nationally syndicated television program, *McDougall, M.D.*, shown throughout the country.