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Dr. John A. McDougall's

To Your Health

Tossing, turning, sleepless nights? Stop suffering! Identify the common offenders and simple fixes that will leave you renewed and refreshed in the morning.

Few things are as frustrating as a night spent tossing and turning in bed, waiting for sleep that never comes. Equally discouraging is spending eight hours in bed asleep only to rise the next morning tired and groggy. While only a small percentage of the population experiences true chronic insomnia, millions experience periodic sleep disorders each year. If you're one of them, don't despair—most sleep disorders can be corrected with some patience and a few adjustments in your routine. It's well worth the effort; sleep is a vital component of overall good health that impacts your immune system, your mood, and your energy levels.

Sleep: one of the body's many amazing miracles

When sleep comes naturally, it seems so simple and basic; yet it's really the result of a complex series of chemical reactions in the brain and body. At night, the eye detects the diminishing light and sends a signal to a cluster of nerves in the hypothalamus gland deep in the brain. The hypothalamus then tells the pineal gland to secrete melatonin, the hormone that induces sleep. At the same time, the brain shuts down the production of other neurotransmitters that stimulate arousal. One switch is turned off, another switch is turned on, and off we go to sleep.

Well, sometimes. As we get older, a variety of things can interfere with that perfect blueprint. Some are unavoidable effects of aging, but many more are habits and choices that are within our control. It's true that both the quality and the quantity of sleep decrease with age. Among elderly people, even those who are healthy, the frequency of sleep disorders is high. This occurs because, over time, the pineal gland can become calcified and produce less and less melatonin. In a younger person, plasma melatonin levels typically peak at 150 to 200 picograms per milliliter between 2 and 5 a.m. After age 50, those levels can drop as low as 20 to

40 pg/mL.¹ This explains why many older people report not needing as much sleep as they used to when they were younger. But everyone needs *some* sleep, no matter what your age. The key lies in determining how much is best for you and finding the most effective means to get it.

Eight hours a day could do you more harm than good

So just how much sleep *do* you need? We've been taught that eight hours is the magic number, but in reality many people function just fine on a lot less. Struggling to get eight hours in an attempt to feel rested is often counterproductive; your body reacts against your move to readjust its normal rhythms. And in some cases, too *much* sleep can be as much of a problem as too little. Sleeping too much at night can cause excessive daytime sleepiness, grogginess, and depression.²

There is no definitive answer to the above question, but most authorities suggest between six and eight hours a night. If you feel rested and full of energy after five hours, that's fine. You're better off listening to your body than trying to change your internal clock. But if you *aren't* getting what you need, let's take a look at some of the things that might be causing your sleep problems—and what you can do to solve them.

Hidden causes of sleeplessness that you can control

You may be encountering a number of sleep inhibitors each day without even realizing it. Caffeine can greatly reduce your ability to sleep. Coffee and caffeinated soda are obvious offenders here, but it's important that you're aware of the hidden caffeine content in some foods, like chocolate or cappucino-flavored yogurt. Even some over-the-counter medications, like cold and allergy formulas, have a high caffeine content. In fact, a dose of Excedrin has as much caffeine as a 6-ounce cup of

¹Internal Medicine News, p. 27, Sept. 1, 2000

²Eur Arch Psychiatry Clin Neuro Sci. 249(5):231-7, 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 to 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.

Don't spend another sleepless night!*Continued from page 1*

coffee! Note your food and over-the-counter medicine selections, and look carefully for hidden caffeine sources that may be giving you sleepless nights.

It's not only over-the-counter drugs that can cause problems, however; some common prescription high-blood-pressure and steroid medications can keep you up as well. Diuretics can cause you to wake up several times a night, disrupting sleep patterns. Corticosteroids like prednisone, certain thyroid medications, anti-psychotic drugs, and SSRI antidepressants like fluoxetine have all been linked with chronic sleep disorders. If you suspect that your medication may be keeping you awake at night, talk to your doctor about making a change.

Cigarette smoking can also cause sleep problems. A recent study of 346 perimenopausal women found that smokers had significantly worse sleep quality than nonsmokers. The same study also concluded that sleep-quality scores decreased as a woman's body-mass-index scores increased, showing that being overweight can also be a detriment to your sleep.³

Unfulfilling sleep can signal a serious health problem

If you are able to fall asleep but wake up in the morning with a headache, feeling exhausted and irritable, you may have a condition called *sleep apnea*. This common problem occurs when tissues in the throat collapse and block air flow, causing the sleeper to stop breathing momentarily and then suddenly gasp for air. Sleep apnea is usually accompanied by loud snoring, but not always. Often it's the bed partner who suffers the most from sleep apnea, as the snorer often doesn't wake up until morning.

But sleep apnea can be a serious problem. It disrupts deep sleep patterns and can contribute to more serious disorders like stroke and heart failure.

It is most common in middle-aged, overweight men, but anyone can develop the condition. If you have minor sleep apnea, sleeping on your side rather than your back is often enough to cure you, or try raising the head of your bed 4 to 6 inches off the ground. But for more severe cases, you should be under a doctor's care. Various devices have been used to treat this condition, including the CPAP (continuous position airway pressure), but in some cases surgery is needed to correct the problem.

Follow these good habits of highly effective sleepers

Maybe you don't fall into any of the categories I've discussed, and still you're tossing and turning. In that case, your insomnia is probably due to poor "sleep hygiene," the clinical term for the habits and associations we develop for sleep. Again, these things are within your control, and with some effort and a lot of consistency, you can turn the tide.

Sleep hygiene is a lot like any other type of hygiene; there are lots of rules that we know are good for us, but we don't always follow them. But when sleep is at stake, no stone, no matter how obvious, should be left unturned.

Make sure your bedroom is quiet and dark, with a constant, moderate temperature. Maintain a regular bedtime and time to wake up, every day of the week. Use your bed only for sleep and intimacy—don't eat, watch television, read, or work in bed. The brain needs to associate bed

³ Internal Medicine News p. 27, Sept. 1, 2000

with sleep, not with the millions of other daily tasks that clutter our minds each day. And, most importantly, don't torture yourself if you can't fall asleep. If you have difficulty getting to sleep, get up. Go to another room and do something quiet until you feel sleepy. Then return to bed and try again.

Another way to get better sleep is to make yourself more tired! A regular program of moderate exercise is a great remedy for stress, gives you more energy—and makes you sleep better at night. Both aerobic and strength-training exercises have been found to improve sleep quality for just about everyone. One note of caution: Allow yourself at least several hours between exercise and bedtime to allow your body to recover and prepare for sleep.

Medications, as a last resort

If, even after your best efforts, you still find that you need some extra help getting a good night's sleep, there are prescription sleeping pills available. However, their use should be reserved for extreme cases and should only be taken for short periods of time. These types of drugs often cause a "hangover" the next morning, and there are other serious side effects as well; they can, for example, be quite habit-forming.

There are nonprescription alternatives that promise to encourage sleep, including a growing group of herbal remedies. Valerian, ginseng, kava kava, passion-flower, and hops have all been used to treat sleep disorders, with varying reports of effectiveness.⁴ Valerian, in particular, seems to help people fall asleep faster and sleep more soundly through the night, with little or no side effects.⁵ In one study, 30 patients suffering from mild to moderate insomnia were treated with tablets containing 250 milligrams of valerian extract

and 60 milligrams of hop extract. After two weeks, these patients reported improved sleep quality and a sense of feeling refreshed upon waking.⁶

Supplemental melatonin, another possibility, is also available over the counter. In a study of 12 elderly subjects who suffered from insomnia brought on by decreased melatonin levels, a controlled-release supplemental formula of 2 milligrams of melatonin was administered for three weeks. All 12 patients reported improved sleep quality with this treatment.⁷ Melatonin is often used to counteract the effects of jet lag and shift work. And even children with sleep disorders have been helped with melatonin treatments.⁸

Each natural treatment comes with its own specific dosage recommendations and contraindications, so read labels carefully before trying any of these remedies. And remember that you can become dependent on *any* sleep aid, regardless of whether its active ingredient is natural or synthetic. Always take sleep-aid medications with care, and consult your doctor beforehand.

In the course of an average life span, adults spend one-third of their lives asleep. That's a large chunk of time, and it should be well spent. Sleep is a critical stage of rest and renewal that we all need each day and is an important part of overall good health. There's no way to banish restless nights forever, but by maintaining healthy habits and following good sleep hygiene, you can look forward to a visit from the sandman most nights, and rise the next morning ready and eager to face the day.

⁴Altern Med Rev 5:249-259, 2000

⁵Pharmacopsychiatry 33:47-53, 2000

⁶Eur J Med Res 5:385-90, 2000

⁷Lancet 346:541-44, 1995

⁸Dev Med Child Neurol 36:97-107, 1994

Stress is not hurting your health...but it is a popular scapegoat! Learn the truth about heart attacks.

You've all seen this scenario played out on television or in the movies—a person receives horrible news, or is confronted by a traumatic situation, and he has a heart attack on the spot. This can certainly happen in real life, though probably not with the regularity that it does on soap operas. Stress *can* trigger a heart attack—but the stress itself is not the smoking gun. Stress didn't crawl in there and clog those arteries; it's just a convenient excuse for a whole host of other risk factors.

It's true that mental stress does produce physical changes in the body that can tax a weak heart. In a

recent study, scientists sought to measure the effects of mental stress on myocardial blood flow and to compare those effects in patients with coronary artery disease and those without. The study showed that in all cases patients' blood pressure and heart rate increased during mental stress. But in patients with CAD, the blood-flow increase was even higher in diseased areas of the heart than in healthy areas.¹ Additional pressure in these weakened areas may increase the chances that an artery-clogging plaque will rupture, leading to a heart attack or stroke.

But how did the heart get weak in the first place? Not because of stress. The Prospective Army

¹Lancet 356:310-311, 2000

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The truth about heart attacks

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Coronary Calcium Study recently examined the links between stress levels and coronary artery calcification, an indicator of coronary artery disease. While high levels of total cholesterol, LDL cholesterol, triglycerides, blood pressure, and body mass index were all strongly correlated to coronary artery calcification, the study found no link to stress levels or other psychological factors like depression, anxiety, and hostility.² These data reveal the true cause of coronary artery disease: the rich American diet, which clogs our bloodstreams with fat and cholesterol.

In many cases, patients who report having high levels of stress often have many other markers of an unhealthy life: poor diet, lack of exercise, cigarette smoking, and alcohol use. How often have you heard people say that they need cigarettes or alcohol to help them relax? Or that they don't have time to eat right and exercise? These are self-fulfilling prophecies that go in a vicious cycle—poor health leads to higher stress, which leads to poor choices, which leads to even poorer health.

Instead of telling patients to avoid stress—a near impossible goal—the focus should be on elements that are easily within our control: diet and lifestyle. These factors really *can* impact all the markers for coronary artery disease: cholesterol and triglyceride levels, blood pressure, and body weight. By adopting a low-cholesterol, low-fat, plant-based diet, you can lose weight, reduce your cholesterol and triglyceride levels, and lower your blood pressure. If you add some regular, moderate exercise, you're even further along on the road to good health.

You'll find that the new, healthier you will have more energy and a more positive outlook on life. And as an added bonus, you'll be able to cope with unavoidable stress more effectively. This is the *most effective* medicine for preventing heart attacks, and, best of all, it's all based on simple, clear actions that you can take on your own. Harness the stress in your life and turn it into an agent of change—bringing about changes that will make you healthier and happier in the new year.

² N Engl J Med 343:1298-1304, 2000

Eliminate back pain with willow bark extract

Mainstream medicine has little relief to offer the millions of people around the world who suffer from chronic lower-back pain. The most common treatment is the use of NSAIDs (nonsteroidal anti-inflammatory drugs) like ibuprofen and aspirin. However, the adverse effects of NSAIDs, which include gastrointestinal bleeding and perforation, account for an estimated 7,600 deaths each year in the United States alone.¹ The standard treatment today is to prescribe yet another drug at the same time to protect the gastrointestinal tract, adding significant expense for the patient.

But new research is suggesting there may be a simple, natural solution. Willow bark extract, a widely available herbal medicine, has been used to treat a variety of mild pain disorders, and new research is showing that it may be effective in treating lower back pain—with no discernable side effects and no added costs.

The main active ingredient in willow bark extract is salicin, a natural substance that the body converts to *salicylate*. Many of today's NSAIDs, like aspirin, are salicylate derivatives, but research suggests that the natural form of salicin in willow bark extract does not cause the gastrointestinal damage associated with synthetic versions.

In a four-week trial, 191 patients with chronic lower-back pain were divided into three groups: One group received a daily dose of willow bark extract that contained 240 mg of salicin, while a second received a 120 mg dose and a third group took a placebo. Tramadol, a narcotic painkiller, was provided as a "rescue drug" for participants who were not getting relief. Success was measured by the proportion of patients in each group who were pain-free without tramadol for at least five days during the fourth week of the study.

In the high-dose group, 39 percent of the participants were pain-free at week four and 21 percent of the low-dose group reported relief. In comparison, only 6 percent of the placebo group felt no pain. Even better, the high-dose group showed relief as soon as *one week* after beginning the willow bark therapy. But perhaps the best news is that only three patients reported mild side effects and researchers found no evidence of gastrointestinal damage.²

This study shows that willow bark extract is an effective pain reliever, without the risks of deadly side effects associated with synthetic NSAIDs. Willow bark extract has been used in Europe for some time, and authorities there place no restrictions on the length of treatment and note no toxicity. They do, however,

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¹ The American Journal of Medicine 109:9-14, 2000

² *ibid.*

Start the new year right—with good health and refreshing flavors

The holiday season is over, and I don't know about you, but I'm ready for some new flavors and new meals! The new year always marks a time of change...and it's a good thing...especially since holiday parties, snacks, and meals are not always super healthy (unless you do ALL the cooking yourself!). Something different, something zesty...that's what I want. The following are some new options, just in time for making that pledge to keep yourself and your family healthy just a little more fun. Enjoy!

SHEPHERD'S VEGETABLE PIE

Preparation time: 35 minutes (requires mashed potatoes)

Cooking time: 1 hour

Servings: 6

3 cups vegetable broth
1 onion, chopped
1 stalk celery, sliced
1 green bell pepper, chopped
1/2 teaspoon minced bottled fresh garlic
1/2 teaspoon sage leaves
1/2 teaspoon marjoram
1 tablespoon soy sauce
1 carrot, thinly sliced
1 1/2 cups sliced fresh mushrooms
1 1/2 cups cauliflower florets
1 cup thinly sliced cabbage
1 cup green beans, cut in 1 inch pieces
2 tablespoons cornstarch mixed in 1/3 cup cold water
freshly ground pepper to taste
3 cups mashed potatoes
paprika to garnish

Preheat oven to 350 degrees.

Place 1/2 cup of the broth in a large pot with the onion, celery, bell pepper, and garlic. Cook, stirring occasionally, for about 4 minutes. Stir in sage, marjoram, and soy sauce. Add the remaining vegetable broth and the carrot, mushrooms, cauliflower, cabbage, and green beans. Bring to a boil, cover, reduce heat and cook for 20 minutes, stirring occasionally. Add the cornstarch mixture and stir until thickened. Season with pepper to taste.

Mary's Corner

Recipe OF THE MONTH

By Mary McDougall



Transfer to a casserole dish. Cover vegetable mixture with mashed potatoes and sprinkle with paprika. Bake for 30 minutes until potatoes are slightly browned.

Hint: Thin the mashed potatoes with a little soy milk or vegetable broth if they are too stiff to spread. Put them in a bowl, add a small amount of the liquid, and beat by hand or with an electric beater until they are spreadable.

* * * *

This is a fast, easy-to-make soup that is a favorite with almost everyone. It only takes 10 minutes to put it together, and it can be ready to eat 15 minutes later.

MEXICAN BEAN SOUP

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 6

1 onion, chopped
1 bell pepper, chopped
1 teaspoon minced garlic
2 1/2 cups vegetable broth
1 15-ounce can stewed tomatoes, Mexican style
1 15-ounce can black beans, drained and rinsed
1 15-ounce can red beans, undrained
1 15-ounce can fat-free refried beans
1 cup frozen corn kernels (thawed)
dash or two of hot pepper sauce (optional)

Place the onion, bell pepper, and garlic in a medium soup pot with 1/2 cup of the vegetable broth. Cook, stirring occasionally, for 5 minutes. Add stewed tomatoes and the remaining vegetable broth. Bring to a boil, breaking up tomatoes slightly with a spoon. Add beans and mix well. Slowly bring back to a boil, stirring occasionally. When the refried beans are smooth, with no lumps, and soup is slowly boiling, add the corn. Continue to cook over low heat, uncovered, for about 5 more minutes.

Check out the new To Your Health newsletter website at www.mcdougallnewsletter.com for updates, featured articles, and information on purchasing back issues.

Study links dairy products with ovarian cancer

Leaders at the People for the Ethical Treatment of Animals (PETA) got in plenty of hot water for splashing the question "GOT CANCER?" around last summer, when they used New York Mayor Rudy Giuliani's image on a billboard to point out a link between milk and prostate cancer. While the ad may have been tasteless, its message has merit. Milk and other dairy products have indeed been linked with many different types of cancer, including prostate, breast, and testicular. Now new research shows *another* connection—dietary lactose (milk sugar) intake may increase the risk of a specific type of ovarian cancer.

The study identified 301 cases of epithelial ovarian cancer among the 80,326 women participating in the Nurses' Health Study. Epithelial ovarian cancer is the most common type of ovarian cancer, affecting the cells on the surface of the ovaries. Among the cancer group, 174 of the women had a specific kind of epithelial ovarian cancer called the serous subtype.

When researchers questioned the 301 women about their consumption of milk and other dairy products, they found a revealing trend. Women who reported consuming one or more servings of skim or low-fat milk every day had a 66 percent higher risk of developing the serous subtype of ovarian cancer, as compared with women who had three or fewer servings each month. When the cases were distributed on a scale based on lactose consumption, women with the highest lactose consumption had *twice* as much risk of serous ovarian cancer than those with the lowest. In fact, for every 11 gram-per-day increase in lactose consumption (about the equivalent of one glass of milk), the risk of serous ovarian cancer increased 19 percent.¹

Note: Lactose is found in large amounts in whole and skim milk and yogurt, with much lower amounts found in cheeses. But most cheese is very high in fat—another substance tied strongly to cancer; see below.

Lactose—and fat—toxic to ovarian cells

This study isn't alone in connecting dairy products to ovarian cancer. Many studies have demonstrated a link, and several possible explanations have emerged.

Some scientists believe that the effect may be caused by *galactose*, a sugar that is formed by the breakdown of lactose. Animal studies have shown that high galactose consumption leads to the death of ovarian reproductive cells, or *oocytes*, and other animal studies have suggested that this oocyte depletion is the catalyst for the

development of ovarian cancer.²

But another problem with dairy products in general is their fat content. Foods like ice cream, cheese, whole milk, and cream can contain between 15 and 60 grams of fat per serving! In a study of 430 women, researchers found that those in the highest quartile of animal-fat consumption were *twice* as likely to have ovarian cancer as were those in the lowest quartile.³

But even in low-fat and skim dairy products, you'll find scads of animal proteins, lactose, and hormones that can wreak havoc on your body. It's no accident that dairy products are most closely linked with hormone-dependent cancers like ovarian, breast, prostate, and testicular. Milk and other animal products are also full of environmental toxins, which grow more concentrated as they move up the food chain and become entrenched in the fat cells.

Don't believe the hype—you don't need dairy for calcium

My advice—eliminate dairy products from your diet. But what about calcium? Americans, particularly women, have been brainwashed into thinking that they must increase their consumption of dairy products in order to prevent osteoporosis. But American women are some of the highest consumers of calcium in the world, and they still have one of the highest incidences of osteoporosis. So avoid cancer, and please, **DON'T DRINK YOUR MILK!** [See side bar for calcium-rich dairy alternatives.]

¹ Internal Medicine World Report, June 2000, pg. 27

² Cancer Epidemiol Biomarkers Prev 9:95-101, 2000

³ Obstet Gynecol 63:833-838, 1984

Many elements contribute to healthy bones

Calcium is an important mineral, to be sure, but it is not the only element that contributes to healthy bones. Nor is it present only in dairy products. There are many excellent plant sources of calcium, such as oranges, broccoli, beans, bok choy, black-eyed peas, seeds, kale, spinach, escarole, and collard greens—all without any of the hormones, toxins, animal protein, cholesterol, and fat inherent in dairy products. In fact, without all that animal protein almost any unrefined plant food will provide all the calcium you need for strong bones. Consider the near-vegetarian women living in rural Africa, Papua New Guinea, and Asia. They don't consume a single drop of milk after weaning, but have the lowest incidence of osteoporosis in the world.

Keeping up with Dr. McDougall

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Don't just avoid your allergies—fight back with homeopathy!

If you suffer from seasonal allergies, you know that conventional treatments leave a lot to be desired and bring with them a host of unwanted side effects. But a new series of studies shows that homeopathy can produce significant results in the treatment of asthma, hay fever, and allergic rhinitis—commonly known as the itchy, runny nose of allergy season.

Homeopathy, developed by Dr. Samuel Hahnemann in the 1800s, teaches that “like cures like” and recognizes symptoms as the body’s attempt to cure itself. For example, a homeopath might treat a cough with substances that would *stimulate* coughing, instead of suppressing it as conventional medicine would.

In the latest study, the fourth in the series, 50 patients with seasonal allergies were randomly and blindly divided into a homeopathy group and a placebo group. Participants in the experimental group received a homeopathic preparation of their main allergen, while the other participants took a placebo. Both groups took the substances once a week for four weeks and returned for a follow-up visit two weeks later. Each morning and evening, participants used a nasal inspiratory peak flow meter to measure nasal obstruction and noted the severity of their symptoms in a diary.¹

As is typically seen with homeopathic therapies, patients’ symptoms worsened briefly before they improved. But the homeopathy group also showed marked results in terms of the nasal peak flow measurement, improving measurements by 21 percent—as compared with only a 2 percent improvement in the placebo group. According to the study’s authors, this response is comparable to that seen with topical

steroid treatment of allergic rhinitis.² And when the results of the four studies were taken together, patients in the homeopathy groups reported a 28 percent improvement in overall allergy symptoms, as compared with only a 3 percent improvement in the placebo groups.

Over the past 200 years, many researchers have theorized that the reported effects of homeopathic treatments were nothing more than a placebo effect. Although homeopathy has been used for years, many mainstream doctors still scoff at the approach. But clearly, this study showed that homeopathic treatment does have a therapeutic effect.

If you’d like to try homeopathy for your allergies, or other ailments, you can learn more about the various homeopathic resources in your area by contacting the National Center for Homeopathy in Alexandria, Virginia; tel. (703)548-7790; website: www.homeopathic.org.

¹ BMJ 321:471-476, 2000

² *ibid.*

Eliminate back pain with willow bark extract

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caution pregnant and lactating women to avoid the therapy, because testing has not ensured its safety for developing children. But for the millions of adults who suffer daily with debilitating lower-back pain, willow bark extract may be a welcome alternative to NSAIDs. Willow bark extract is widely available from health-food stores and suppliers. Dosage recommendations vary, but this study found 240 mg per day to be the optimal dose for lower back pain relief.

Moving? Missed an issue? Please let us know within 60 days of moving or if you have not received an issue. (International subscribers, please notify us within 90 days.) After this time period, missed issues can be purchased for US\$6.50 each. Postage costs may apply to international requests.

Issue wrap-up

Good health lies in achieving balance in every area of your life. In this issue, you learned one area in which this balance is highly valuable: SLEEP. You need to get just enough quality sleep to refresh and invigorate your body, but not so much that you’re groggy or depressed. You can achieve this balance through exercise, avoiding stimulants, restricting the amount of time you sleep, and/or providing yourself with a quiet and comfortable sleep environment. And the best part about these techniques? They won’t cost you a cent (not to mention there are no side effects)! Isn’t it good to know that the simplest things in life are still the most valuable?

John A. McDougall M.D.

John A. McDougall, M.D., graduated from the 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.

He 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*, *The McDougall Program for Maximum Weight Loss*, *The McDougall Program for Women*, and *The McDougall Program for a Healthy Heart*. His face will be familiar to many from his television appearances on CNN, *The Phil Donahue Show*, and other programs.