

Dr. John A. McDougall's

# To Your Health

## Patients with macular degeneration see clearly again in less than 2 weeks!

Put the right foods to work and see your world in a whole new light

**H**undreds of thousands of people each year are tortured by the blinding effects of age-related macular degeneration (AMD). As the disease progresses, their line of vision becomes smaller...and smaller...and smaller. And although AMD is the leading cause of blindness in the United States, most doctors still don't have any viable treatments to offer. A few well-informed physicians have begun to prescribe supplements, and they're on the right track—but there's a better way still!

A brand-new study confirms that the answer to prevention and treatment of AMD is hiding in your refrigerator.

**You can reverse this terrible disease...just by eating the right vitamin-rich foods!**

With just a few simple changes to your eating habits, you can greatly reduce your risk of developing AMD. Better yet, you can stop the disease in its tracks, and even *reverse* its course, just by eating foods low in fat and high in eye-strengthening nutrients.

This two-pronged approach to preventing and treating AMD is supported by reams of research—studies *proving* that food can save your vision just as it has for others...even after doctors told them there was no hope.

**"Hopeless cases" see results in as little as four days**

An ophthalmologist friend of mine from San Diego, Sally Mellgren, M.D., has been working with patients who have AMD for 20 years. She's had a great deal of success in helping patients restore their vision through nutritional therapy alone. Patients like:

- *Patricia*...a young mother with an inherited form of macular degeneration who lost her driver's license because of her deteriorating vision. After changing her eating habits, she improved her eyesight to 20/40 in one eye and 20/20 in the other eye. Now, she's able to watch

her children grow up in full focus.

- And *Richard*...who was given no hope by his doctors, only to see his vision improve in *just four days* after making some simple changes in his eating habits.

Patients like these have proven to Dr. Mellgren, and to me, that food can be a powerful cure, even for vision loss.

How does it work? It's similar to the health of other parts of your body. The *macula* is the center part of the retina in the eye. It's responsible for fine, detailed vision. Like any other organ, the eye depends on the blood-stream to bring it oxygen, vitamins, and other nutrients.

If your eye doesn't get the nourishment it needs, your macula deteriorates. The center field of your vision gets blurry...colors grow dim...reading and other close work become increasingly difficult...and, eventually, you may go completely blind.

But if you simply provide the macula with a steady supply of eye-strengthening nutrients—and healthy blood vessels to deliver these nutrients—your sight can remain strong throughout your life.

**Antioxidants in fruits and vegetables can improve your vision up to 40 percent in just two weeks!**

The first step in preventing and reversing AMD is to eat low-fat, low-cholesterol foods. Just a few months ago, a study reported in the *American Journal of Clinical Nutrition* showed that people with the highest levels of total fat consumption had more than 1.5 times the risk of AMD than their counterparts with the lowest fat consumption.<sup>1</sup> The landmark Beaver Dam Eye Study found that *people with the highest levels of saturated fat intake had an 80 percent higher risk of developing age-related macular degeneration.*<sup>2</sup> And a study of 60 patients with AMD and similar eye disorders showed that a regimen of low-fat, low-cholesterol foods and cholesterol-lowering medication improved vision 5 to 20 percent *within just one month.*<sup>3</sup>

<sup>1</sup> Am J Clin Nutr 73:209-218, 2001

<sup>2</sup> Arch Ophthalmol 113:743-748, 1995

<sup>3</sup> Medical World News, Dec. 10, 1984, p. 14

Continued on page 2

# Dr. John A. McDougall's To Your Health

## This month...

Does hair analysis offer valuable information about your health? 3

Food cure proves more powerful than drugs in treating high blood pressure 4

**Recipes:** Prolong your life by eating specific nutrient-rich foods 5

Beware of irradiated foods 6

**Keeping up with Dr. McDougall** 7

Pap smears are unnecessary for certain women; Even futile heart conditions can be turned around 8

<b>Editor:</b> John A. McDougall, M.D.	<b>Customer Service Specialist:</b> Ron Ramsey
<b>Publisher:</b> Jenny Thompson	<b>Copy Editor:</b> Ken Danz
<b>Associate Publisher:</b> Risa Ford	<b>Research Manager:</b> John Probst
<b>Editorial Director:</b> Karen M. Reddel	<b>Editorial Associate:</b> Amanda L. Ross
<b>Associate Editor:</b> Jennifer Taylor Arnold	<b>Designer:</b> Ramsey Brisueño

©2001 Agora South, L.L.C., 819 N. Charles St., Baltimore, MD 21201. Reproduction in whole or in part is prohibited without written permission of the publisher. Dr. John McDougall's *To Your Health* is published monthly by Agora South, 819 N. Charles St., Baltimore, MD 21201. Subscription rates are \$74 per year. POSTMASTER: Send address changes to Dr. John A. McDougall's *To Your Health*, 819 N. Charles St., Baltimore, MD 21201.

For questions regarding your subscription, please call or write reader services at 819 N. Charles St., Baltimore, MD 21201; tel. (978)514-7851 (9 a.m.-5 p.m. EST, Mon.-Fri.); fax (410)223-2619. International call (978)514-7857; fax (410)230-1273. Send cancellations to P.O. Box 206, Baltimore, MD 21203. If, for any reason, customer service is unable to handle your request in a satisfactory manner, you may contact a subscriber advocate. Subscriber advocates can be reached via our telephone hotline (410)223-2690, or via e-mail at subscriberadvocate@agora-inc.com.

All material in this publication is provided for information only and may not be construed as medical advice or instruction. No action should be taken based solely on the contents of this publication; instead, readers should consult appropriate health professionals on any matter relating to their health and well-being. The information and opinions provided in this publication are believed to be accurate and sound, based on the best judgement available to the authors, but readers who fail to consult with appropriate health authorities assume the risk of any injuries. The publisher is not responsible for errors or omissions.

**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.

The second step is to load your meals with the right fruits and vegetables. Study after study has shown the eye-strengthening effects of specific nutrients—all found in abundance in the natural foods our Creator provided. In particular, vitamins A, E, and C, along with other nutrients like carotenoids, coenzyme Q10, and selenium, have been found to protect the eyes and help stop *and reverse* macular degeneration.

All of these eye-strengthening vitamins and nutrients have one thing in common: They act as antioxidants, fighting off damaging free radicals. Free radicals have been associated with many diseases and with a variety of age-related conditions. Over time, these highly reactive molecules can cause tissue damage in many parts of the body, including the eye. But the phytochemical antioxidants in fruits and vegetables can block free radicals from doing their damage.

Of all of these, carotenoids may be the most important for your eyes. Research shows that a generous intake of carotenoids, a family of **antioxidants found in orange and dark-green vegetables, can reduce the risk of AMD up to 40 percent.**<sup>4</sup> Recent studies have shown that healthy maculas contain high concentrations of specific carotenoids like *lutein*, *zeaxanthin*, and *xanthophylls*. Lutein, in particular, has gotten a lot of recent attention for its eye-strengthening powers. **A diet rich in lutein has been found to improve visual clarity in patients with AMD in as little as two weeks.**<sup>5</sup> Vitamins A, C, and E, as well as CoQ10 and selenium, provide additional protection. One recent study found that AMD patients had lower levels of CoQ10 than age-matched controls with healthy maculas.<sup>6</sup>

In addition to the antioxidants, some specific minerals and essential fatty acids can also contribute to eye health. Zinc plays a role in the metabolism of the retina, and **zinc deficiency is believed to contribute to the development of AMD.** Under laboratory conditions, human retina cells that were depleted of zinc were significantly more susceptible to UV ray damage and more likely to die. When zinc was added to the retina cells, the results reversed.<sup>7</sup> The retina also depends on omega-3 essential fatty acids, particularly *docosahexaenoic acid* (DHA), for healthy development.<sup>8</sup>

## Food sources of eye-saving vitamins and nutrients

- **Vitamin A:** dark-green leafy vegetables like spinach, collard greens, and Brussels sprouts; orange fruits and vegetables like cantaloupe, pumpkin, and carrots
- **Vitamin C:** kiwis, papayas, broccoli, potatoes, oranges, strawberries
- **Vitamin E:** dark-green leafy vegetables, whole grains, nuts, seeds, legumes
- **Coenzyme Q10:** spinach, peanuts
- **Selenium:** Brazil nuts, cashews, broccoli, mushrooms, garlic, soybeans, sunflower seeds
- **Zinc:** beans, mushrooms, whole grains, seeds, nuts
- **Omega-3 essential fatty acids /DHA:** ground flaxseed and most other unrefined plant foods

<sup>4</sup> J Am Coll Nutr 19:522S-527S, 2000

<sup>5</sup> Optometry 71:147-164, 2000

<sup>6</sup> Ophthalmologica 215:51-54, 2001

<sup>7</sup> Invest Ophthalmol Vis Sci 42:460-465, 2001

<sup>8</sup> Am J Clin Nutr 73:209-218, 2001



Sure, you could get these nutrients from supplements. Some progressive eye doctors are beginning to move in that direction, and many new formulations are touting the inclusion of lutein for healthier eyes. But the truth is, supplements won't help clean out your arteries—and they can cost hundreds of dollars per year. Why pay a fortune for supplements when FOOD addresses both issues?

If all of this seems overwhelming, *it doesn't have to be*. The good news is that you'll automatically get ALL of these nutrients just by following a plant-

based eating plan like the McDougall Program. Take a look at the box on page 2. It shows you natural, delicious food sources of all the vitamins, minerals, and antioxidant nutrients I've covered. Dark-green leafy vegetables, fruits, whole grains, and legumes appear on the list again and again. You needn't analyze the nutritional composition of everything you eat. Just base your meals on these healing foods and you'll be covered. What's more, your meals will be naturally low in fat—so you'll cover both sides of the AMD equation!

## HAIR-MINERAL ANALYSIS: Alternative breakthrough—or just a scam?

Quite a few alternative doctors are promoting hair-mineral analysis as a way of diagnosing the secret causes of stubborn diseases. But is it real science—or just another money-grabbing scam that gives alternative medicine a bad name?

This question was put to the test by a recent mainstream study *and* the response from one hair-mineral-analysis laboratory. The answer? *It all depends...*

### Lab results can vary greatly— even when testing the same hair

A recent study in the *Journal of the American Medical Association* (JAMA) compared hair-analysis results obtained from six different laboratories. All of the laboratories were sent hair samples from the same person, to ensure that they were identical. The labs' results varied in nearly every way—from the cost of the analysis...to the properties it tested for...to its recommendations. Based on these results, the study team concluded that hair-mineral analysis is unreliable.<sup>1</sup>

*But not so fast!* Representatives from one of the labs, Doctor's Data of St. Charles, Illinois, took exception to the study's conclusions. Hair-mineral analysis *is* a widely unregulated practice, they admit, and labs across the country use a wide range of different procedures to prepare and test hair samples. But, they say, when the most advanced procedures are used, the procedure is accurate and results are reproducible. After another look, the JAMA study actually supports this: Doctor's Data and the one other lab using ICP-mass spectrometry (considered the latest technology) did indeed produce comparable results.

So what does this say about the 225,000 hair-mineral tests performed in the United States each year? I'm sure some of them reveal some accurate information. *But many more of them are used to sell mineral supplements, most of which are completely unnecessary.* Half of the labs included in the JAMA study recommended

specific supplements to "remedy" their findings, a practice both the authors and Doctor's Data denounce. (Neither of the labs using ICP-mass spectrometry sells supplements based on the results of its testing.)

### Should you be tested?

If you're eating a variety of fruits, vegetables, and whole grains, there's no reason to think you're not getting all the minerals you need. But I believe hair-mineral analysis *can* be useful in determining whether your body has been contaminated by *toxic* minerals, including mercury, arsenic, and aluminum. Considering the deadly effects of these metals, the test may be worthwhile for some. But the emphasis should be on identifying the source of the contamination and eliminating it, not on taking supplements. And any results from hair-mineral analysis should be confirmed by blood tests before any action is taken.

### Make sure the lab you choose doesn't also sell supplements

If you're interested in hair-mineral analysis and don't mind spending the \$30 to \$69 people charge for it, do some homework before choosing a laboratory. Pick one that uses ICP-mass spectrometry and does not sell supplements. Look for CLIA (Clinical Laboratory Improvement Act) certification, which will provide some assurance of a reputable lab. However, while the CLIA requires that labs comply with proficiency testing standards for specialties like toxicology or chemistry, there are no such standards for hair-mineral analysis. In other words, it doesn't mean that they are specially trained in hair-mineral analysis.

Most of all, make sure you have clear, realistic expectations going in—when you think about it, you may just decide that your \$69 would be better spent elsewhere.

<sup>1</sup>JAMA, 285:67-72, 2001

# New blood-pressure study shows *drugs are not the most effective treatment. So what is?*

*FOOD is more powerful than drugs.* Yes, even when it comes to treating high blood pressure! That's the message we get from a new scientific study. Researchers found that eating the right foods is the *best* way to bring down blood-pressure—even better than prescription medications.

This study, found in the *New England Journal of Medicine*, charted the effects of food on the blood pressure of 412 people. Participants followed either a typical American diet or the "DASH" plan—a low-fat eating strategy that's rich in fruits, vegetables, and whole grains.

In addition, the participants in each group *also* varied their sodium intake each month. While some kept to the high levels typically consumed by Americans (150 mmol per day), others reduced theirs quite dramatically—cutting it all the way down to 50 mmol per day (even lower than the current mainstream recommendation).

The breakthrough came when people combined low-sodium *and* low-fat eating habits. While both the DASH plan and low sodium levels helped to lower blood pressure independently, the study found that combining the two strategies produces the best results by far—equal to or *greater than* results typically seen from drug therapy.<sup>1</sup>

**This "food miracle" may surprise mainstream doctors, but I've seen it happen ...in less than two days**

I *know* this approach works. I've seen it work for *hundreds* of people at my clinic at St. Helena Hospital—and with far greater speed than many doctors dare to

imagine. In fact, while this study tracked results over an entire month, **I've seen my patients' blood pressure stabilize in a little as 36 hours.** *That's right, they're back to normal in less than two days—just from changing their eating habits!*

If you're one of the tens of millions of people in the world with high blood pressure, this is reason to celebrate! You can throw away those expensive drugs and say goodbye to their nasty side effects. Even better, you can see *even greater results* than you did while taking them—just by eating your fill of delicious foods.

**Sounds too good to be true? Well, my patient Sam W. had his doubts, too...**

When Sam came to me, he was taking three different drugs to lower his blood pressure, and they still weren't doing the job! Even on the medication, Sam's blood pressure was dangerously high—158/104 mmHg. But after just *one day* on the McDougall Program, he dropped it down to 148/90. By day three, it was 140/88. By the ninth day, Sam was able to stop *all* his blood-pressure medication—and his pressure was a healthy and normal 110/70.

Better still is what those numbers *mean*. They mean that Sam cut his risk of a heart attack in half—and reduced his chances of stroke by a staggering 700 percent.

*Three different types of medicine hadn't been able to do that.* What the drugs *had* done is given him miserable side effects, such as impotence, diarrhea, and dizziness. And think of all the money he was paying for those "benefits!"

Instead, Sam simply ate his way to healthy blood pressure! Delicious

foods like pasta primavera, spicy Mexican chili, and apple torte did it for him—and they can do it for you, too.

**High blood pressure *isn't* a disease—it's a cry for help from your body**

Even more importantly, blood-pressure medications *don't really solve your problem*. That's because high blood pressure isn't a disease at all—it's simply a signal that your arteries are getting *into trouble*.

It's just like when you put your finger over the mouth of a garden hose to increase the pressure. The less room there is for the blood to flow, the higher the pressure will be. Blood-pressure drugs do nothing but mask that warning signal, giving you a false sense of security.

There are several different kinds of blood-pressure medications, and each works in a different way. Beta-blockers slow the heart rate, reducing the rate at which blood is pumped through the arteries. Calcium-channel blockers prevent the arteries from constricting, leaving more room for blood flow. ACE inhibitors block a hormone that constricts blood vessels. And each drug comes with its own batch of unpleasant side effects. Beta blockers can weaken the heart muscle, for instance, and calcium channel blockers cause problems as minor as constipation and as serious as heart disease, cancer, bleeding, and suicide.

But the real shame is that none of them gets to the root of the problem—high-fat foods that are gumming up the works.

You see, fat in the foods we eat literally *coats our blood cells*, making them stick together and move more slowly through our arteries. In

*Continued on page 6*



## Eat your way to a longer life!

### A new study shows vitamin C-packed foods slash your risk of heart disease

You know that vitamin C has long been society's most popular "cold-busting" vitamin. But did you know that it can also protect your heart? Cambridge University scientists studied 19,500 people between the ages of 45 and 79 and found that those with the highest vitamin C intakes had the lowest heart death rates.<sup>1</sup> They also found that with a 50-gram increase (around 2 oz.) in fruits or vegetables, it is possible to cut death rate by 20 percent, regardless of age, blood pressure, or whether or not you smoke. These findings are particularly exciting because the evidence lends support to the health benefits of eating fruits and vegetables. One

\* \* \* \* \*

## BAKED STUFFED BANANA SQUASH

By: Chris Hartung, chef for the McDougall Program at St. Helena Center for Health

**Preparation Time:** 60 minutes

**Cooking Time:** 60 minutes

**Servings:** 10-12

### Stuffing:

- 3 carrots, scrubbed and chopped
- 6 stalks celery, chopped
- 2 red onions, chopped
- 3 ears corn, cut into 1/2 inch coins
- 1/4 cup minced garlic
- 8 cups rice pilaf mix
- 1/2 cup dried cranberries
- 12 cups vegetable broth
- 1 tablespoon chicken-like seasoning
- 1 1/2 tablespoons sage
- 2 teaspoons oregano
- 2 teaspoons black pepper
- 1 teaspoon thyme

### Squash:

- 1 whole banana squash (see hints)
- 2 tablespoons brown sugar
- 1 tablespoon sage

### Sauce:

- 4 cups vegetable broth
- 1 cup cashews
- 2 teaspoons onion powder
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon white pepper
- 2 tablespoons cornstarch
- 1 cup chopped fresh parsley

## Mary's Corner

# Recipe

## OF THE MONTH



Cambridge professor says, "Small and feasible changes within the normal population range of intake could have a large effect." **My advice to you:** Incorporate more vitamin C-containing foods into your diet! If you're following the McDougall plan, there's a good chance you're already getting plenty of the vitamin; oranges, grapefruit, apples, bananas, and yellow and green vegetables are all good sources. Try out the following recipe; it's rich in vitamin C, full of antioxidants, and a real favorite at our clinic!

Preheat oven to 350 degrees.

### For stuffing:

Place 2 cups of the vegetable broth in a saucepan and add the carrots, celery, onions, and garlic. Cook, stirring occasionally, for 5 minutes. Add corn and cook another 2 minutes. Add rice, remaining vegetable broth, sage, oregano, thyme, pepper, and chicken-like seasoning. Bring to a boil, cover, reduce heat, and cook for 20 minutes. Add cranberries and cook for another 2 minutes. Remove from heat and cool.

### For squash:

Cut squash in half. Remove seeds and stringy portion. Steam or microwave until about half tender (fork will pierce, but still quite firm). Remove from heat and cool. Sprinkle with brown sugar and sage. Place the stuffing in the squash and bake, covered, at 350 degrees for 30 minutes.

### For sauce:

Place all ingredients except parsley in a blender jar and process until very smooth. Pour into a saucepan, cook, and stir until thickened. Add parsley and mix well. Pour over squash

**Hints:** Plain brown rice may be used as well as any variety of rice pilaf. Chopped nuts or mushrooms may be added to the stuffing ingredients if desired. Cook along with the vegetables. Maple syrup or cranberry juice may be used in place of the brown sugar for a different flavor. Other winter squashes may be substituted for the banana squash if desired.

Check out the new To Your Health newsletter website at [www.mcdougallnewsletter.com](http://www.mcdougallnewsletter.com) for updates, featured articles, and information on purchasing back issues.

response, the heart pumps harder, trying to get the blood moving. Sodium adds to the problem, because it encourages water retention—increasing the sheer volume of fluid that the heart has to pump.

**But just as the wrong foods cause the problem—the right ones can solve it immediately**

Fruits, vegetables, and whole grains lower blood-pressure almost *immediately*, because they contain little, if any, fat or sodium. When you eat a low-fat, low-sodium meal, your body feels the difference right away. Changes in blood composition and pressure can be measured *within hours*. And the effects just keep getting better with each low-fat meal that follows. Imagine that. A deadly health problem you can solve yourself, just by eating *more!*

Just what do I mean by *low-fat*? Well, reducing the fat in your meals by *any* proportion is a good thing. But on the McDougall Plan, I recommend no more than 10 percent of daily calories come from fat. Yes, that's considerably lower than mainstream recommendations, which usually come in at around 30 percent. But it's the best way to see results—FAST—and increase your chances for a long, healthy life. And, as you'll see, there's no reason to give up taste or enjoy-

ment along the way. Just take a look at any of my cookbooks: Recipes like bean and rice burritos, mashed potatoes with brown gravy, and peach pie will convince you that low-fat *doesn't* have to translate into low taste.

There are many delicious low-fat foods to choose from—but a few specific ones may provide even *more* blood-pressure-lowering effects. Potassium has been shown to lower blood pressure, so choose fruits and vegetables that are naturally rich in that mineral. Bananas, prunes, potatoes, spinach, and artichokes are some excellent (and delicious!) choices. Garlic is another powerful food cure; researchers at Tulane University Medical School found that garlic may have a natural ability to expand blood vessels and reduce blood pressure. It shouldn't be hard to work any of these foods into your daily meals.

Let me repeat the great news—in less than a week, **you could be off all your blood-pressure medication** and feel better than you have in years...all while eating your fill at every meal. And, remember, it's inexpensive *and* there are no negative side effects. Of course, you should always check with your doctor before you stop taking any prescription medication or change your diet. But if you take these steps, I think you—and your doctor—will be impressed with the results.

## If you're wary of eating IRRADIATED FOOD... the latest research shows you're exactly right



You've probably been hearing a lot lately about foot-and-mouth disease, mad cow disease, and other epidemics that may contaminate our food supply. *Food irradiation* is being touted as an easy solution to some of these nightmares—but a new study shows that it actually makes our food *less* healthy.

**Did you know that your food might already be treated with as much radiation as is transmitted in 330 million chest X-rays?** Although some food companies say food irradiation will kill bacteria and other pathogens that infect our food, scientists haven't studied this process thoroughly enough to provide any definitive information on its long-term health effects.

But now *we know for sure* that irradiation kills off many of the valuable vitamins in our foods. That's the message that emerged from "between the lines" of the FDA's December 2000 ruling on the irradiation of fruit and vegetable juices.

California Day-Fresh Foods, a food manufacturer seeking FDA permission to irradiate its juices, showed in its own research that irradiation strips nearly half the betacarotene from orange juice—plus, it removes 13 percent of vitamin C and 10 percent of vitamin A.<sup>1</sup>

Yet, despite this evidence, the FDA approved a permit that added fruit and vegetable juices to the growing list of foods that can be treated with radiation!

### There's a better way to ensure your food is healthy *and* free of irradiation

So how can you be sure you're getting all the nutrition your foods have to offer? The best bet is to buy organic. Foods that are labeled organic cannot be irradiated. If you can't always buy organic (it's often more expensive and harder to find), then make sure to look carefully at the labels on the foods you do buy.

Whole foods that have been treated with radiation are required to carry a label: either the international symbol for food irradiation called a "radura" (see above) or the phrase—"treated by irradiation" or "treated with radiation." But you'll have to look hard to find it because the labeling is very small. Irradiated products used in prepared packaged foods or in restaurants don't require labeling, so you can only be sure you're getting all the nutrients if you buy whole, unprocessed foods.

<sup>1</sup> Nutrition Week 31:7, 2001



# Keeping up with Dr. McDougall

## The complete McDougall Program on video tape

Regain lost health and appearance and take control of your future in the privacy of your own home, with six hours of highly-entertaining, life-changing information presented on video tape by John and Mary McDougall.

This *exact* presentation has dramatically improved the health of thousands of people and allowed them to:

- become trim for the rest of their lives (Many lose over 100 pounds in 12 days and more than 100 pounds in less than a year!)
- discontinue their blood-pressure, diabetes, and heart medications
- free themselves from the pain of crippling arthritis, headaches and body aches
- lower cholesterol 28-65 points in just 11 days
- avoid future health problems

Try it for 12 days! Now you have a simple and effective way to help yourself, and any loved ones who have resisted changing to a better diet—until now.

The cost is \$149.95 plus \$14 S&H. **Limited-time, special introductory offer for newsletter subscribers: \$119.95 plus S&H.** Order now and receive your FREE bonus: a copy of the national bestseller *The McDougall Program—Twelve Days to Dynamic Health*, a \$14.95 value, free if you order today! Call: (800)570-1654 or (909)715-3155; fax (707)538-0712 or email: [drmcDougall@drmcDougall.com](mailto:drmcDougall@drmcDougall.com).

Note: This program is not available through Agora Publishing.

## 15th Anniversary Special

# \$400 OFF

Transform your life for good in California's beautiful Napa Valley!

Come celebrate the 15th anniversary of the McDougall Program at St. Helena Hospital in the beautiful Napa Valley of California and get a \$400 discount per person until June 29, 2001!

Change your life for the better with this 10 or 12-day live-in experience.

### Program dates:

May 20 to June 1 (12-day)

June 22 to July 1 (10 day)

July 13 to July 22 (10 day)

Voted the #1 weight loss program in America by the Physician's Committee for Responsible Medicine. You CAN lose weight, get your health back, and reduce or even eliminate your medications!

To sign up or receive more information please call (800) 358-9195

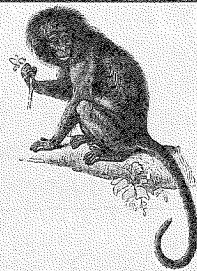
or visit our web site:

[www.sthelenacenterforhealth.org](http://www.sthelenacenterforhealth.org).

## Join me on a McDougall Costa Rican Adventure July 28 to Aug. 5, 2001 \$1,550 (all inclusive\*)

*"Pat and I really enjoyed the Costa Rica week! We'd put it right up there with our honeymoon to Maui in '86."*

Charles Guittard, Dallas, TX



Join us on July 28, 2001 as we head for El Ocotol, a paradise on the northwest coast of Costa Rica. Stay at El Ocotol Hotel, a first-class, luxury, oceanside resort with modern rooms and views that take your breath away. The restaurant, perched atop a knoll surrounded by water on three sides and with El Ocotol's third swimming pool below, is regarded as one of Costa Rica's most picturesque spots.

Personally selected naturalists will guide us to the national parks, wildlife reserves, nearby towns, and other points of interest. We have five daylong excursions planned for you: horseback riding or a wagon ride through the rain forest; white-water rafting; swinging through the canopy of the forest; a thrilling cable

trip over a canyon; and boating up an estuary, along with snorkeling and scuba-diving. The animal and plant life are exotic. Relax or explore as much as you want.

Evening entertainment will be provided most nights during and after dinner. In addition, my wife Mary and I will be providing education on the McDougall Program. All meals are pure-vegetarian, low-fat, and delicious.

The total cost is \$1,550 per person. (\* Trip includes everything except airfare to and from San Jose and airport taxes and gratuities. Ask about our special, low-cost, group-based airfares.) Singles pay \$1,950.

For more information or reservations, call (800)570-1654 or (909)715-3155. Also visit: [www.drmcDougall.com](http://www.drmcDougall.com).

CST# 204 9430-50

## Good news for women: You may not need a Pap smear this year

If you're a postmenopausal woman with no history of abnormal results, you don't need an annual Pap smear. A new study reports that frequent tests on older women don't save lives—rather, they create unnecessary anxiety with their high false-positive rates.

The study followed over 2,500 postmenopausal women for four years. At the beginning of the study, all the women had normal Pap smear readings. By the second year, 110 of them had abnormal results. After further testing, the researchers determined that only one of those abnormal readings was valid—109 were false positives.<sup>1</sup> These false positives set off a cycle of completely unnecessary worry and more invasive procedures for these women.

This study suggests that postmenopausal women with normal results should wait at least two years before submitting to another test. I agree—and I might even take that recommendation one step further.

There is good evidence that women do not need Pap smears *at all* after the age of 50. Here's why: It takes almost 15 years for a cancer to develop, and another 10 to 15 years before that cancer becomes life threatening. Plus, many believe that cervical cancer results from a sexually transmitted disease and is therefore much less likely to be seen in older women.<sup>2</sup> Some studies have recommended that postmenopausal women with normal histories stop having Pap smears altogether. And after a hysterectomy, there is no more need for Pap smears, no matter what your age.<sup>3</sup>

<sup>1</sup> *Ann Intern Med* 133:942-950, 2000

<sup>2</sup> *BMJ* 306:967, 1993

<sup>3</sup> *JAMA* 275:940, 1996

## Even Dick Cheney has hope for a healthy heart Reverse "terminal" damage and be healthy again!

In 1978, at age 37, Vice President Dick Cheney suffered his first heart attack. That was the year I finished my residency, became a board-certified internist, and began my medical practice based around diet and lifestyle. If fate had played out differently and we had met then, his future might have been different and we wouldn't all be wondering when the next heart attack might hit.

Well, guess what...the vice president can *still* be helped! And so can the millions of other Americans in his shoes. Many people think that if they've had heart surgery or multiple heart attacks in the past, they have a "heart condition" and there's not much they can do—other than have surgery and take drugs to minimize the next attack. But even in seemingly hopeless cases...there is still a solution.

### Make yourself immune from heart disease

There's a direct correlation between the foods we eat, our cholesterol, and our hearts. Studies worldwide show that populations of people who maintain a cholesterol level below 150 mg/dl are essentially *immune* from heart disease.<sup>1,2</sup> Even in cases when it may be too late for *immunity*, you can still reverse the disease.<sup>3</sup> Initially, you may need to add some cholesterol-lowering medications to get your levels low enough. But always keep in mind that diet is more effective than drugs at reversing artery disease.<sup>4,5</sup>

What you need to do is base your meals around starches, vegetables, and fruits.

The primary threat to a person's life is a rupture of the tiny overstuffed plaques that line the inside of the arteries. These ruptures can cause a blood clot (thrombus) to form, which closes off a coronary artery causing a heart attack. Within hours of eating a plant-based, low-fat meal, these volatile plaques become stable and are much less likely to burst.<sup>6,7</sup> You also reduce the chance of a blood clot forming by removing the strongest clotting substance people consume—animal fat.<sup>8,9</sup>

A change in your diet is the most important thing you can do for your health, for yourself, and for your family. Dick Cheney has many more people to answer to now. I hope he hasn't given up and accepted this disease as a part of his life as too many Americans have.

*John A. McDougall M.D.*

P.S. Mad-cow disease is all over the news again. It amazes me that it takes an epidemic like this to scare people away from animal products. Next month you'll find out why vegetarians and meat-eaters alike need to be on the look-out for hidden bovine ingredients in products they may be using every day.

Citations available upon request.

**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.