



Dr. John A. McDougall's

To Your Health

Nutrition labels finally spread the word: Margarine is not the "healthy" alternative! *Food companies will finally have to identify the deadliest of fats*

Trans fat—best known as the main ingredient in margarine—was originally introduced as a healthy, man-made alternative to saturated fat. But after at least a decade of research and warnings, the scientific evidence has waded its way through the sea of red tape. Soon, the general public will begin learning what research has shown for years: *trans fat is the deadliest kind of fat there is.*

- A Harvard School of Medicine review reported that trans fatty acids increase concentrations of LDL ("bad") cholesterol while decreasing levels of HDL ("good") cholesterol.¹
- Trans fat raises concentrations of triglycerides and lipoprotein(a), both known markers for heart disease.²
- High levels of trans fat intake increase the risk of heart disease by 25 percent.³
- Women with the highest levels of trans fat stores have a 40 percent higher risk of developing breast cancer than those at the lowest levels.⁴

These facts are even more shocking when you consider they're the result of a substance that was supposed to be good for you!

Remember when margarine was a "health food"?

I sure do. Once scientists figured out how to add hydrogen atoms to unsaturated fat, a whole new era in food manufacturing was born.

"Trans fat" is nothing more than natural fat that has been artificially transformed to alter its texture and appearance.

To food manufacturers, this process seemed like a great way to make peanut butter that wouldn't separate and vegetable shortening that stayed reasonably solid. They loved how cheap it was, too. So before long, grocery shelves were full of products that included *partially*

hydrogenated oil or *hydrogenated oil*—the spin name for trans fat.

Margarine was one of the first products to include trans fat. Generations of us have grown up believing that margarine is a health food. Food manufacturers did nothing to dissuade us. In fact, they encouraged the perception—even after research began uncovering the ugly truth.

Now it's found in seven out of eight packaged foods!

Over the years, trans fat has found its way into many other processed foods. According to FDA estimates, seven out of eight packaged foods contain trans fat, including crackers, cookies, pastries, deep-fried foods, candy bars, bakery goods, and TV dinners.

Yet, incredibly, under the old standards, all of these products would reflect *low saturated fat content* (the item that physicians most often tell their patients to track). Soon you'll begin seeing a new line item on the nutritional labels required by the FDA. Under the fat listing, *trans fatty acids* will become part of the total fat breakdown that now includes saturated fat—accompanied by a footnote explaining how many grams are actually trans fat.

While trans fat is technically unsaturated, the hydrogenization process leaves it closely resembling saturated fat, with all of its inherent cardiovascular risks.

Even worse, the scientific tinkering that goes into creating trans fat may have other unanticipated side effects. Some studies have suggested that trans fat inhibits the breakdown of essential fatty acids (EFAs) and may even destroy some types of these EFAs that are critical to good health. Your body needs EFAs to produce cell membranes, hormones, and other critical substances.

Even without the label, it's easy to tell which foods are healthy

The good news is it's not hard to avoid trans fat.

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¹ Am J Clin Nutr 66S:1,006S-1,010S, 1997

² Lancet, 346:1,245-1,246, 1995

³ Lancet, 357:746-751, 2001

⁴ Am J Clin Nutr 66S:1,548S-1,556S, 1997

Dr. John A. McDougall's To Your Health

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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.

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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.

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.

Cookies, pastries, deep-fried foods; it doesn't take a doctor—or a nutritional label—to tell you these foods aren't good for you. It's no accident that the foods highest in trans fat are also the ones most devoid of nutritional value: high in calories, total fat, and cholesterol, and with little or no fiber, vitamins, or nutrients.

While debate over the relative merits of margarine vs. butter is sure to continue, you're better off avoiding both. There are many delicious alternatives to spread on your morning muffin. Jam, apple butter, natural peanut butter, and corn butter are all tasty choices (See page 5 for corn butter recipe). And when it comes to baking, applesauce is a great substitute—just replace the shortening or oil with half the amount of applesauce.

A fat by any other name is still a fat

Remember, no matter what the name, fat is unhealthy. Even polyunsaturated and monounsaturated fat can depress the immune system, contribute to cancer, and lead to obesity and its many related diseases.

But if you're following a diet based on vegetables, fruits, and whole grains, fat is not a concern—least of all trans fat! You can feast on delicious meals and know you're getting all the nutrients a healthy body needs and none of the man-made fat it doesn't!

What makes certain fats "healthier" than others?

There's really no such thing as a "healthy" fat. Fat deprives cells of oxygen, and without oxygen; your cells suffocate—many die, but others mutate and can become cancerous. Fat is also the major producer of free radicals, which cause the breakdown and decay of cells, tissues, and organs. And all fat contributes to excess weight gain. These factors add up to a long list of possible illnesses, including heart disease, cancer, diabetes, and arthritis.

However, your body does need small amounts of fat so that it can metabolize certain vitamins. Fortunately, we need so little fat that all plant foods contain adequate amounts of it, as well as ample essential fatty acids. So what makes the fat in plants OK? Here's a quick lesson in Fat Chemistry 101 that will help answer that:

All fat is made of chains of carbon atoms, with varying numbers of hydrogen atoms attached. The different types of fat reflect the positioning and the number of those hydrogen atoms on the chain. For example, saturated fat, generally thought to be the unhealthiest kind, has every potential hydrogen site filled with a hydrogen atom. In contrast, unsaturated fat (the kind in veggies) has available hydrogen receptors. Think of it as a parking lot for hydrogen atoms: With a saturated fat, every parking spot is full, while, on the other hand, there are still spaces available in the unsaturated fat lot.

Trans fat is a type of unsaturated fat, which initially made some scientists think it was healthier. But trans fat is man-made, created when extra hydrogen is parked in some of the fatty acid chain's empty spaces. Although the *hydrogenization* process doesn't fill every available spot in the chain, it's enough to make a difference—both in the fat's functionality and its health implications.

Salt isn't the "high blood pressure bandit"!

Salt has been pegged as the "ENEMY" by many physicians and nutritionists—especially when it comes to patients with high blood pressure. I often field questions in my practice regarding salt intake, or NO salt intake as the case may be, and have found that it's a confusing and controversial concern for many. I recently received a letter from a health-conscious reader who controls his blood pressure naturally but still has questions about that one "questionable condiment." What I have to say about salt may be a relief for those who force themselves to forego flavor for health at every meal!

Q. For the past few years, I've been successfully controlling my blood pressure through careful eating and exercising. But I still enjoy the taste of salt. Everyone tells me that I shouldn't use it. What do you think?

JM I think you're to be congratulated! You've lowered your blood pressure and kept it under control without medication! And you get a bonus point for carefully considering the effects of salt on your health. Well, today I've got some good news for you—and the millions of other people out there working to control their high blood pressure.

Salt is OK!

Really, most people, even those with hypertension, can be perfectly healthy while consuming salt in reasonable amounts. You may be surprised to learn that *only about 30 percent of people with high blood pressure are salt-sensitive*—meaning that a reduction in sodium intake alone can bring their levels down.¹ But for the overwhelming majority (that remaining 70 percent), salt is

not really an issue.

I know this flies in the face of conventional wisdom. When someone is diagnosed with high blood pressure, one of the first things the doctor says is "no salt!" (right after he recommends blood pressure medication). But you *can* have it all—freedom from medication, enough salt to satisfy your taste buds ...and blood pressure at a naturally healthy level.

You can sprinkle salt on your food at every meal—and still stay well below the low-sodium guideline

Here's a little secret that many people aren't aware of: The average American consumes about *5,000 milligrams of sodium* every day, and levels that high *can't* be coming from the saltshaker at mealtime! No, most of it comes from the pounds of salt that manufacturers add to our processed foods every day.

So what should you do? Choose meals based around whole foods like fresh fruits, vegetables, legumes, and whole grains. You'll be getting them straight from Mother Nature's kitchen—with *no added salt*.

Keep in mind that "no added salt" doesn't mean "no salt at all." Most foods naturally contain some sodium. But whole natural foods like beans, almost all vegetables, fruits, and whole grains, contain a fraction of the sodium that processed foods contain. For example, the average packaged cereal, even rice or wheat flakes, contains approximately 900 mg of sodium, while a more natural version like whole oats or cooked wheat (like Cream of Wheat) contains just 200.

Better still, since you'll be starting at a sodium level near zero, you'll have room to add some salt to suit your taste. On the McDougall

Program, you're free to use 1/2 teaspoon of salt over the course of the day to flavor your meals. Granted, that may not seem like much, but head to the kitchen and measure it yourself. I just did and found that it took 40 sprinkles of the salt shaker to add up to the 1/2 teaspoon! When you sprinkle it over the surface of your foods before eating, you don't need much to make an impact, and you still come in at only 1,150 milligrams of sodium. (Most doctors recommend 2,000 milligrams a day or less for their patients with high blood pressure; for healthy people with normal blood pressure, the current mainstream guideline is 2,400 mg a day or less.)

And, as an added bonus, you're eating foods rich in antioxidants, potassium, fiber, and healthy nutrients and low in fat and cholesterol. *That's* far more important than any food's sodium content. In fact, studies have shown that vegetarians who have relatively high sodium intake *still* have lower blood pressure than people who eat meat and dairy on a "low-sodium diet."² This goes to show you that salt is just *one* part of the total blood pressure equation—and it's usually not the most important part.

It's fairly easy to determine if you are salt-sensitive. Just keep your sodium intake at or below 2,000 mg per day for three to 14 days, without making other changes in your eating habits. Monitor your blood pressure daily. If you see a significant drop during that period, you may be part of the salt sensitive group.

Most people's bodies regulate sodium levels efficiently. And, you need certain levels of sodium to survive. If you test yourself for salt sensitivity and find that a decrease does not help with high blood

Continued on page 6

¹ Am J Hypertens 5:1S, 1992

² Am J Clin Nutr 32:2,472-2,476, 1979

Reeling in the frightening facts about tuna burgers

A recent issue of the *Journal of the American Medical Association* reveals new evidence that tuna burgers are *not* a safe alternative to hamburger.

In fact, the new research shows that tuna burgers are particularly susceptible to *histamine poisoning*, a dangerous type of bacterial contamination that can cause a wide range of serious symptoms, even death.

Histamine poisoning occurs as a result of eating fish that has not been properly stored and handled. When fish is stored at low temperatures, a certain type of bacteria gathers on its surface. The bacteria release an enzyme that allows the amino acid *histidine* to change into *histamine*. Too much histamine leads to histamine poisoning, which is characterized by a rash, facial flushing, vomiting, diarrhea, headache, and shortness of breath.

If you take a monoamine oxidase inhibitor (MAOI) drug like Eutonyl, Eutron, Nardil, or Parnate for depression, the medication can prolong and intensify the histamine attack. And for people with asthma or heart disease, histamine poisoning can be life-threatening.

We've known about histamine poisoning for a long time, and until recently it was quite rare. But when scientists at the Centers for Disease Control and Prevention in Raleigh, NC re-examined the data, they found that cases are skyrocketing! Between 1994 and 1997, the state of North Carolina had an average of two reported histamine poisonings each year. But in just *eight months* in late 1998 and early 1999, the state saw 22 cases—all from improperly stored and handled tuna.¹ (Histamine contamination is common in fish like tuna and mackerel, which are part of the *scombroid* family. But it can be

seen in many different kinds of fish, including salmon, mahimahi, and even anchovies.)

Harmful histamines can even survive cooking

In the above study, 82 percent of the victims were poisoned by tuna burgers—a fact that sparked the researchers to dig a bit deeper. They concluded that tuna is especially susceptible to temperature fluctuations, and that the storage and processing of tuna burgers contribute to the contamination. This type of con-

tamination is particularly stubborn: Once histamines are formed, they can continue to spread even after the bacteria are killed—and the toxic factors can survive through freezing, smoking, and cooking.

It's always hard to eat healthy at barbecues. And even harder when the foods you thought were healthy could be deadly. For a fun, delicious, and healthy alternative, try the recipe for zucchini burgers below.

¹ JAMA, 285:1,327-1,330, 2001

ZUCCHINI BURGERS

This recipe may easily be doubled, tripled, quadrupled, etc., and it freezes well, so you can have a supply of burgers ready to go for those impromptu cookouts!

Preparation time: 40 minutes

Cooking time: 30 minutes

Servings: makes 10 patties

2 cups zucchini, raw--grate fine, grind, or chop in food processor (Spoon into cup and pack down to measure)
1 1/2 tablespoons vegetable seasoning mixture (try chicken-style or beef-style, found in most health food stores)
1 onion, finely chopped
1/3 cup walnuts, finely chopped
1/4 cup nutritional yeast flakes
1 cup gluten flour
1/2 cup quick oats
1/2 teaspoon salt
1/8 teaspoon garlic powder

Place zucchini and seasoning in a bowl, mix, and let set for 15 minutes. Add the onion and walnuts to the zucchini mixture and mix well.

In another bowl, combine yeast flakes, flour, oats, salt, and garlic powder. Add the zucchini mixture to the flour mixture. Knead well with your hands to develop the gluten (about 5 minutes). Set aside for 30 minutes for the gluten to firm up.

Form patties. *Hint: Dampen your hands with water so the mixture will not stick.* Place nonstick baking sheet on grill, arrange patties, and grill 15 minutes on each side. Patties will be firm and brown.

To serve: Place a little water in frying pan and steam for a few minutes to soften. (For 1 or 2 patties, use 1 tablespoon water.)

Hint: Smaller patties may also be made, heated in marinara sauce and served with spaghetti.

Summer barbecues aren't limited to hamburgers and hot dogs!

Here are some tasty side-dishes your family and friends are sure to love...

LAYERED MEXICAN SOUP

This is a wonderful cold soup to serve on those hot summer days. It's also a unique addition to any neighborhood barbecue!

Preparation time: 10 minutes

Cooking time: 12 minutes

Servings: 4

- 1/4 cup water
- 1 cup chopped green onions
- 3 cups frozen corn kernels, thawed
- 2 cups soy or rice milk
- 2 tablespoons chopped pimiento
- 2 tablespoons chopped canned green chilies
- a dash or two of Tabasco sauce
- chopped cilantro for garnish
- 1 avocado, chopped
- 1 1/2 cups fat free tortilla chips, broken up

Place the water and onions in a saucepan. Cook, stirring frequently for 2 minutes. Add corn and soy milk. Bring to a boil, reduce heat, and simmer for 4-5 minutes. Remove 2 cups to a blender jar and process briefly. Return to pan. Add pimiento, green chilies and Tabasco sauce and heat through, about 2 minutes. Place in the refrigerator for several hours to chill. Before serving, add cilantro and mix well. Then, place some of the avocado and chips into each bowl, ladle the soup over, and serve.

BARBECUED BEANS

Preparation time: 15 minutes

Cooking time: 20 minutes

Servings: 6

- 1/4 cup water or vegetable broth
- 1 onion, chopped
- 1 green pepper, chopped
- 1 teaspoon crushed garlic
- 1 1/2 teaspoons dry mustard
- 1 1/2 teaspoons chili powder
- 1/2 teaspoon ground cumin
- 1 cup tomato sauce
- 1 1/2 tablespoons molasses
- 1/2 tablespoon cider vinegar
- a dash or two of Tabasco sauce
- 4-5 cups cooked beans (pink, kidney, red, or pinto)

Cook the onion, green pepper, and garlic in the water or vegetable broth for 5 minutes. Add mustard, chili powder, and cumin. Stir to mix well. Add

Mary's Corner

Recipes

OF THE MONTH



By Mary McDougall

remaining ingredients. Mix well. Cook over low heat until heated through, about 15 minutes.

Hint: This is great on a whole wheat bun, like a Sloppy Joe mix, with some ketchup and mustard. Use either hot or cold.

A healthy alternative to margarine *continued from page 3*

CORN BUTTER

We've been using this spread at the St. Helena Clinic for many years. Not only is it a delicious alternative to margarine but its also completely trans-fat free! Use it to top toast, corn on the cob, air-popped popcorn, etc.

Soaking Time: Overnight

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Servings: makes about 2 cups

- 2 teaspoons Emes gelatin
- 1/4 cup cold water
- 1 cup boiling water
- 1 cup cornmeal mush
- 2 tablespoons raw cashews
- 1/2 teaspoon salt
- 2 teaspoons lemon juice
- 1 tablespoon finely grated raw carrot
- 1 teaspoon nutritional yeast flakes (optional)

To make cornmeal mush, mix 1/4 cup cornmeal with 1 cup water in a saucepan. Bring to a boil, reduce heat and cook, stirring frequently, until thickened (about 30 minutes). For an even smoother mush, soak cornmeal overnight in the cooking water before cooking.

Place the gelatin in a blender with the cold water and let stand for 5 minutes. Add the boiling water and process well to dissolve. Add remaining ingredients and process for several minutes until very smooth. Pour into a covered dish and refrigerate until well chilled.

Hint: Emes gelatin is a non-animal product. It may be ordered from Emes Kosher Products, PO Box 833, Lombard, IL 60148. Many natural food stores also carry this product.

Save your colon and your money: *Fiber supplements may actually contribute to cancer*

Your healthiest sources of fiber are fruits and vegetables—not supplements. That's the news from Dr. Robert Goodlad, a leading researcher for Britain's Imperial Cancer Research Fund. In response to the recent back-and-forth about fiber's role in preventing colorectal cancer, Dr. Goodlad reviewed all the available science and came away with two strong beliefs: First, natural food sources are still the best sources for fiber. (You already knew that.)

But did you know that fiber supplements may actually increase your risk of colon cancer?*

Yes, you read it right—the fiber supplements millions of people take to help prevent cancer may actually be *encouraging the disease to develop!* People are paying hundreds of dollars each year for these capsules and chalky drinks that may be making them sick!

It's important to understand that we're talking about fiber supplements here, not natural sources of fiber like fruits, vegetables and whole grains. And that's just the point: when we try to isolate fiber from its natural sources, we run into trouble.

Intriguingly, Dr. Goodlad also suggests that supplements may be the secret reason why some studies have found no health benefit from consuming fiber. It's because the researchers *assume* that fiber supplements and high-fiber foods are interchangeable—but actually they're as different as night and day.

When fiber is isolated in a supplement, it doesn't work the way Mother Nature intended

No man-made fiber supplement in the world can provide all the benefits of naturally fiber-rich foods, which contribute not only fiber but also vitamins and nutrients. When one element of this carefully crafted nutritional web stands alone, it may have unanticipated consequences.

For example, isolated fiber supplements tend to ferment rapidly, disrupting the colon's normal chemistry. They can also encourage microbial activity and cell proliferation—two well-accepted risk factors for cancer. Some evidence suggests that the fermentation of fiber supplements may also accelerate the process by which colorectal polyps are formed.²

All of these theories require further research. But the point is, *why take the risk?* Fiber supplements are completely unnecessary. No one enjoys taking them, and the costs can add up quickly. Instead, you can

realize a *real* health benefit with no hidden side effects in three easy steps: your breakfast, lunch and dinner!

Food is the delicious, natural way to get your fiber—at NO EXTRA COST and NO RISK!

Whether you're looking for more fiber to prevent colon cancer or to cure constipation, there's no better answer than food. But keep in mind, there's no fiber in any animal food and on the typical American diet, much of the plant fiber has been removed through refining to make white flour and white rice. Whole grains and plant foods, however deliver the goods in the complete package as our Creator intended. They don't eat away at your budget, and they don't carry any unknown health risks. And without any calculations or measuring, you'll easily take in enough fiber to keep your body healthy.

Mainstream recommendations call for 25 to 35 grams of fiber per day. Yet many people take in as little as 10 grams a day through their food and then use fiber supplements to make up the difference. But meals based on fresh fruits, vegetables, and whole grains easily provide about 60 grams of fiber per day in delicious, risk-free packaging!

So instead of choking down a fiber supplement each day, load your plate with delicious foods like green beans, Brussels sprouts, and whole wheat bread. These provide all the fiber you'll ever need.

¹ *Gut*, 48:587-589, 2001

² *Ibid.*

Salt is okay! *Continued from page 3*

pressure, do not keep decreasing your salt intake unless you discuss it with your physician or nutritionist! And remember, you use up the sodium in your body through urine and sweat and, when you're ill, through vomiting and diarrhea. In addition, other diseases, such as impaired kidney function, may result in greater than normal sodium losses. Please consider all these factors before blindly cutting as much salt as possible from your diet—especially for a prolonged period.

I've seen many people's blood pressure return to healthy levels in *less than two days* after adopting The McDougall Program—even while using salt. Sounds like you're one of those success stories. I say, ignore the naysayers and continue doing what you're doing: eating healthy foods and exercising regularly, while using salt in moderation.

Keeping up with Dr. McDougall

Dr. McDougall's Total Health Solution for the 21st Century.

Have you wanted to:

- ...eat your fill of delicious foods and look great?
- ...help friends and family live a better, healthier life?
- ...hear a simple, but thorough explanation of why a plant-based diet is best for people?
- ...be a great cook and please friends and family with delicious dishes?
- ...eat out without getting greased out?

NOW YOU CAN!

Making any big change can be intimidating, and I know switching to the McDougall Program is no exception. But now it's possible to get the encouragement and support you need at any time right in your own home. I have put together a professionally-recorded, educational video tape series that provides the exact presentation given to participants of our 12-day live-in program at St. Helena Hospital in California's Napa Valley. The set includes:

TAPE 1—A Common Sense Program

Learn about my "early days" as a doctor on the big island of Hawaii and the observations and research that led me to formulate the McDougall Program.

TAPE 2—Five Dietary Myths

Discover the scientifically-proven, lifesaving truth behind the following dietary myths:

- Myth 1: Starches Make Me Fat
- Myth 2: I Need Meat for Protein
- Myth 3: Milk Makes Strong Bones
- Myth 4: Chicken Is Low Cholesterol
- Myth 5: Vegetable Oil is Health Food

TAPE 3—Planning Successful Meals

Create a healthy kitchen with Mary McDougall's simple, practical tips on shopping wisely, reading labels, stocking your pantry, planning meals, and choosing the right recipes.

TAPE 4—Permanent Effortless Weight Loss

Take control of your appearance and never go hungry or diet again by understanding the value of plant foods that are low in calories and fat, and high in carbohydrates and fiber!

TAPE 5—Eating In and Out of the House

Become comfortable with cooking meals AND dining out (yes, even in fast-food restaurants) following the McDougall Program.

TAPE 6A—Keeping Healthy Blood Vessels

Prevent or reverse heart disease by acting now—before a volatile plaque ruptures and fully blocks the flow of blood to a vital organ.

TAPE 6B—Winning the War on Cancer

Rid yourself of cancer-causing excess hormones

(and women will find relief from tender-lumpy breasts, heavy menstrual bleeding, uterine fibroids, and PMS in the process!).

The regular price for this complete, life-changing set of videos is US\$149.95 plus \$14 s&h. But, for a limited time, I have a special introductory offer for you. As a *To Your Health* subscriber, you pay just \$119.95 plus the \$14 s&h. (California residents add 7.5% tax). You can order by fax: (707) 538-0712, mail: P.O. Box 14039, Santa Rosa, CA, 95402, phone: (800) 570-1654 or (909) 715-3155, or e-mail: office@drmcDougall.com.

Note: This program is not available through Agora Publishing.

It's not too late to join us on our Costa Rican Adventure...

But you have to act fast to reserve your spot on this once-in-a-lifetime summer excursion. The 8-day trip begins on July 28, 2001 as we head for El Ocotol, a paradise on the northwest coast of Costa Rica.

Accommodations are luxury-class, and the surrounding areas boast scenery that will take your breath away. There will be five optional daily excursions, evening entertainment, delicious vegan meals, and education on the McDougall Program.

The total cost of the trip is \$1,550 per person for groups of two or more (singles pay \$1,950) and is all-inclusive, except for airfare to and from San Jose airport, taxes, and gratuities. Be sure to ask about our special group-based airfares when you call to reserve your space.

For more information or reservations, call (800)570-1654 or (909)715-3155, or visit www.drmcDougall.com.

Remember, this is your last chance and space is limited! See you at the airport!

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

Come celebrate the 15th anniversary of the McDougall Program at St. Helena Hospital and get a \$400 discount!

You'll change your life for the better with this 10- or 12-day live-in experience.

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September 16 to September 27 (12-day, no discount)

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Wouldn't it be great if you could simply EAT YOUR WRINKLES AWAY? New research says you can!

Ever wonder why it is that native Asian people often look years younger than their Western counterparts? New research suggests it's *not* genetic, but visible proof of the anti-aging power of food. Specifically, the antioxidants in the standard Asian diet—high in vegetables and legumes but low in meats and fats—may help reduce or even prevent the physical signs of aging.

Scientists conducted a study of elderly people living in Greece, Australia, and Sweden and found that those people whose diets included high amounts of fruits, vegetables, and legumes had fewer wrinkles. In contrast, high intakes of meat, dairy products, and butter were linked to *more* wrinkled skin.¹

Across the board, the study subjects in each country

who had the least skin wrinkling and damage followed diets that included *low intakes* of butter, margarine, milk products, and sugar products in conjunction with high intakes of vegetables and legumes. Researchers also noted that three specific dietary staples—prunes, apples, and tea—accounted for a significant advantage in skin condition among a smaller subgroup of Australians.

Antioxidants get the credit for these antiaging benefits. The study team suggests that these foods, rich in antioxidant vitamins A, C, and E, help block damage from the sun and other environmental exposure.

So it seems that the age-old search for the Fountain of Youth would have been better spent harvesting the *Garden of Youth*. It's one more great reason to eat your fruits and vegetables. They'll help you look younger—and feel younger too!

¹ *J Am Coll Nutr* 20:71-80, 2001

² *ibid.*

The doctor is in...

Eating out the McDougall way!

Q. I'm generally very busy and don't have a lot of time to cook—let alone the patience to spend time in the kitchen during the hot summer months. But I'm concerned about eating out and being able to follow the McDougall Program. Will I end up ordering a plate of flavorless rice and veggies everywhere I go?

—H.G., PA

JM Restaurants are becoming increasingly aware of vegetarian and vegan needs, and cafes completely devoted to vegetarian cuisine are popping up all over the place. But there's really no need to seek out special restaurants. I can find healthy, great-tasting meals

just about anywhere.

For breakfast, order whole-grain cold cereals with fruit juice to go over it, or hot oatmeal. One of my favorites is hash brown potatoes cooked without grease or oil and topped with salsa or ketchup. Most menus also offer fresh fruit and whole wheat toast, which I order dry with jelly on the side. Add some fruit juice or herbal tea to drink, and you've got an excellent and filling meal to start your day.

Ethnic restaurants like Chinese, Thai, Japanese, Indian, and Mexican are perfect for lunches and dinners. Asian food relies primarily on plant-based ingredients and is extremely low in fat. And if you've ever had Thai or Vietnamese dishes, you know how flavorful, and even downright spicy, they can be. Indian restaurants are also known for vegetarian cooking. Most of these dishes are made without oil. However, ghee, or clarified butter, is added to

many before being served, so ask your waiter to "hold the ghee." And many Mexican restaurants can put together an oil-free burrito or tostada with pinto or black beans, lettuce, tomato, and salsa.

If ethnic food isn't an option, keep in mind that chefs at most fine-dining establishments will accommodate a request for a pure vegetarian dish with no oil, and even consider it a welcome challenge. The key here is to give as much notice as possible.

There are even options at most fast-food restaurants. Many now offer salads and baked potatoes as menu staples. Just make sure to ask for them sans salad dressing, butter, and sour cream.

We've been conditioned to believe that eating out can't be healthy. This simply isn't true. With a little effort, you can find healthful and delicious choices on almost any menu.

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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.