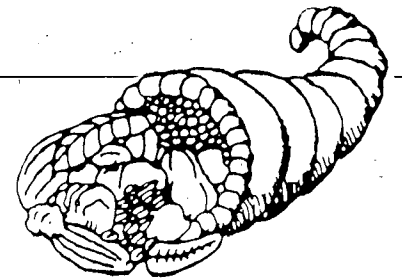


THE MCDUGALL NEWSLETTER



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INFORMATION THE BEST OF FAST FOODS

Admit it. You like the convenience and the prices at fast food restaurants. Before becoming health conscious you probably enjoyed more than a few selections from their billboard menus. Are you now banned forever from ordering in a drive-thru lane?

Not if you can resist the temptation of all that salt and grease. If you no longer ask, "Where's the beef?" and you're willing to "break the rules," and "have it your way," then you're ready to venture safely past the golden arches into the inner sanctums of ultra-convenient gluttony. Just learn about the few healthy items available at most of these establishments and decided you're going to keep your order to these.

Your best choices for strictly sticking to a healthy diet are places that serve plain baked potatoes and a salad bar, such as **Wendy's** and **Carl's Jr.** You could have your potato plain or with onions, chives, and/or salsa for toppings. You should feel especially good about this choice because, turning that potato into French fries or hash browns triples the calories and increases the fat from 1% to 45%.

Carl's Jr., Fresh Choice, Pizza Hut, Rax, Sizzler, and Wendy's are famous for their bountiful salad bars. Choose plenty of fresh vegetables. Avoid all the oil and mayonnaise laden items, such as the coleslaw at 46% fat and 40 mg of cholesterol per 1/4 cup serving. Top your salad with 2 tablespoons of wine vinegar which adds only 4 calories (and no fat or cholesterol) or lemon wedges--a much wiser choice than ruining your salad with 2 tablespoons of blue cheese dressing at 300 calories, 512 mg of sodium, and 58 mg of cholesterol. An even tastier choice than vinegar might be to bring your own "no-oil" salad dressing from home (in an old spice bottle).

Sandwich shops also offer you some healthy choices. **Subway Sandwiches** has whole wheat bread rolls that can be stuffed with onions, tomatoes, green peppers and lettuce. Skip the oily dressing and the mayonnaise. A thin spread of mustard at 4 calories per teaspoon will add more flavor than any kind of oil can. Another up and coming sandwich chain, **Togos**, also takes pride in their vegetable sandwiches.

Pizza will not be an obvious choice for healthy fast food, until you think to order it without the cheese (and without meats). By leaving off the cheese on a large **Round Table** vegetarian pizza you eliminate 1135 calories and nearly 300

mg of cholesterol. The pizza sauce is oil-free--made of tomatoes and selected spices (amounting to 110 calories on that large pizza). For extra tomato taste you can ask for extra sauce. There is a small amount of vegetable fat and salt in the dough (7.6% fat). The best toppings are tomatoes, onions, green peppers, and/or pineapple. Be careful of olives on your pizza; they will add large amounts of fat (96% fat) and salt (just 10 black olives adds 631 mg of sodium). **Round Table, Dominos, and Pizza Hut** have all made me tasty very low-fat pizzas in the recent past.

Bean burritos sound pretty harmless. After all the ones you make at home are nutritionally sound (about 5% fat and as little as 20 mg of sodium--depending upon the kind of burrito shell you choose). Some places, like **Taco Bell**, claim to be interested in your health and they boast of using only vegetable oil in their beans and burrito shells. One Taco Bell manager volunteered to me that he used only 8 ounces of oil in a 50 pound vat of beans. Unfortunately, the nutritional information supplied by the company discloses the fat to be about 26% of the calories, with 888 mg of sodium and 357 calories per burrito. Leaving off the tiny glob of cheese is only a token gesture for a healthier dinner at Taco Bell. Most other fast food Mexican stands don't even make the effort to appear health conscious: using copious amounts of lard in their beans.

Without taking effort to order creatively, the fat-free items you will find at **Jack in the Box, Hardee's** and **McDonald's** are pancake syrup and jelly. But, if you make your needs known you'll do OK. For example, at **Burger King** you can order a "Veggie Whopper" and the person taking your order should not be at all surprised. It is important to add, "leave off the mayonnaise--just tomatoes, lettuce, onions, (and maybe a few pickles, mustard, and/or ketchup), please." White bread buns are 10% fat with trace cholesterol and 250 mg of sodium. You can order this array of semi-fresh vegetables between 2 buns at any burger joint.

If they don't have a salad bar, like Wendy's and Carl's Jr., then most hamburger-style places have an individual plate called a "Garden Salad" which you can modify--leaving off the cheese and egg reduces the calories from 112 to less than 50, and the cholesterol from 107 mg to zero.....Your most memorable dining experience at McDonalds: *Munching lettuce while riding the merry-go-round.*

NEW VIDEO NEXT MONTH

A two-hour video (VHS only) will be available next month, in time for Christmas, for \$24.95 (plus \$3 postage and handling, \$2 each additional tape). This is a collection of 3 to 7 minute professionally-produced segments created by and starring Dr. John McDougall from the national television

2795

show "Lifestyle Magazine." Included are interviews with national experts on medical topics, and segments on eating out, food preparation and shopping, and much, much more. This work took more than four years and several hundred thousand dollars to produce. You will want a copy for yourself and a copy to loan to all your friends who need to hear this life-saving message. Send to P.O. Box 14039, Santa Rosa, CA 95402. Shipping planned for late November 1990.

MEDICAL RESEARCH

Reversing Heart Disease

Can Lifestyle changes reverse coronary heart disease? is answered in a landmark article by Dr. Dean Ornish in the July 21, 1990 issue of *The Lancet* (336:129, 1990). A comprehensive diet and lifestyle program evaluated the benefits of a low-fat vegetarian diet, stopping smoking, stress management training, and moderate exercise on coronary atherosclerosis (hardening of the heart arteries) in 28 patients. Another 20 patients served as a control group--they were *not* encouraged to follow healthy diet and lifestyle habits. The experimental group showed regression of atherosclerosis over a one year period between angiograms. Those patients with the *most severe disease* showed the *greatest reversal*. The control group showed worsening (progression) of disease in the same period of time.

In addition to reversal of artery disease seen by sophisticated medical tests, the patients experienced a 91% reduction in the frequency of angina, a 45% reduction in the duration of angina and a 28% reduction in the severity of angina. (All angina-related benefits were seen in 1 month.) In the control group the opposite happened with their angina--increasing 165% in frequency, 95% in duration, and 39% in severity. (Angina, or chest pain, is due to poor circulation to the heart muscle caused by atherosclerotic narrowings, and is the primary appropriate reason for bypass surgery and angioplasty--neither kind of surgery saves lives in most cases.)

The people on the healthy diet and exercise program lost on the average more than 20 lb. The control group lost almost no weight. Cholesterols also fell significantly in those on the fat and cholesterol restricted program (from an average of 245 mg/dl to 199 mg/dl). Death in one patient on the experimental diet was related, at least in part, to unsupervised excessive exercise.

The diet included fruits, vegetables, grains, legumes, and soybean products, without caloric restriction. No animal products were allowed except for 1 cup/day of non-fat milk or yogurt. The nutritional make up was 10% fat, 15-20% protein, and 70-75% carbohydrate; cholesterol was 5 mg/day. Salt was restricted only in hypertensive patients. Caffeine was eliminated and alcohol was limited to 2 units (drinks) a day. Stress management included stretching exercises, breathing techniques, meditation, progressive relaxation and

imagery. Exercise was usually walking.

These results were obtained without the use of cholesterol-lowering medications. Other studies have shown some reversal with these medications. (Dr. Ornish's diet-treated patients showed more reversal than those in drug treatment programs.) My approach to the patient with atherosclerosis is to use diet as the **foundation** for lowering cholesterol and healing of the arteries. From various medical research I have made a somewhat arbitrary definition of "an ideal cholesterol level" of *150 mg/dl or less* for reversal of atherosclerosis. For those patients who cannot make this ideal with diet alone and who also have great medical need--they have a history of heart or other artery disease--I will use cholesterol-lowering medication in hopes of helping them further. I do not make this decision lightly and will quickly stop the medications if the patient has side effects, or if they are emotionally uncomfortable with taking medication. However, the diet is not open for discussion--strict adherence is mandatory.

Most doctors no longer argue the fact that atherosclerosis is a reversible disease. Now, the criticism is that this information, including the work of Dr. Ornish, is not important because the amount of reversal demonstrated at one year is small. Furthermore, they say this information is not important because patients with heart disease won't change their diet. My answer to these comments is any regression of disease is a monumental success. Furthermore, many patients fail to make sensible changes because their doctors never encourage them to do so--they act as if the patient were disinterested in their health and too stupid to follow instructions.

Times do change. Soon these same doubting doctors will say "they knew it all along"--many will claim they originated the idea that *diet is the solution to America's number one killer--heart disease*.

Are Antiarrhythmic Drugs Safe?

According to many review articles the indications for antiarrhythmic therapy (medications used to settle down irregularities of heart rhythm) are far from clearly defined and the choices that are made for patients are not based on good scientific study or sound reasoning (Katristsis D. *Clinical Cardiology* 13:491, 1990.) These powerful and potentially dangerous medications should be used in patients with very troublesome symptoms or life-threatening heart arrhythmias after careful consideration of the benefits versus the risks. All of the drugs used have serious side effects; the most concerning is that they themselves can cause life-threatening disturbances of heart rhythm. This article concludes (along with most other articles on the subject) that "antiarrhythmic therapy is risky business...Antiarrhythmic agents are necessary in clinical practice, but far from safe!"

Unfortunately, too many patients are inappropriately prescribed medications, such as propranolol (Inderal), procaina-

mid (Pronestyl, Procan), quinidine (Quinidex, Quinaglute), disopyramide (Norpace), diltiazem (Cardizem), verapamil (Isoptin, Calan) tocainide, flecainide (Tambocor), and encainide (to name a few). Too often the treatment is worse than the disease.

How does the patient get appropriate drug therapy? Start by asking your doctor if your medications can be reduced or stopped. If you're not getting the answers you think are right then get a second and third opinion, and ask the same question even more forcefully until you are convinced the benefits of taking the medications outweigh the risks.

Refuse Bypass Surgery

What happens if you just say "No"? The "Outcome of Patients Who Refused Coronary Artery Bypass Graft Surgery: An Eight-Year Follow-up Study" by W. Hueb (CVR&R February 1990) says *you'll do just fine*. They reviewed 150 patients who refused bypass surgery and found the annual death rate to be 0% in those with one and two-vessel disease, 1.3% for left-main equivalent disease (three-vessel disease and left main artery disease). Overall, the chance of surviving 8 years was 89%. There were 15 heart attacks of which 12 were not fatal. No patient with single-vessel disease suffered a heart attack. In 34% of the patients a second angiogram was carried out and progression of their artery disease occurred in 60% of the 123 arteries studied.

The author concludes that these patients who had severe coronary artery disease and refused surgery had an excellent prognosis. Yet, only 6-8% of patients will be bold enough to refuse their doctors the opportunity to perform their highly profitable skills in the operating theater (\$8,000/operation). If all heart patients had this information on the safety of refusing their doctors advice and even better, knew that the underlying disease is reversible by diet and a daily walk, then many more people would be spared unnecessary expense and suffering. Unfortunately, with the shadow of their doctor cast over their hospital bed, they are too often told "you will not live to reach the hospital doors without this operation." What chance does the poor patient have?

NEW PACKAGED PRODUCTS

Variety (Manufacturer/Distributor)

SNACKS:

Organic Brown Rice Mini Rice Cakes (Lundberg)
Teriyaki Rice Cakes (Westbrae Natural Foods)
Poprice (Energy Food Factory)

PACKAGED BEANS & GRAINS:

Sharwood's India Pilau Rice (J.A. Sharwood & Co.)
Casbal Whole Wheat Couscous (Sahara Natural Foods)
Nile Spice Whole Wheat Couscous (Nile Spice Foods)

Nile Spice Couscous Salad Mix (Nile Spice Foods)
Nile Spice Rozdali (Nile Spice foods)
Lentil Pilaf Mix (Near East Food Products)
Instant Polenta ((Liberty Imports)
Basmati Brown Rice (Texmati Rice)
Country Style Rice--microwaveable (Birds Eye--General Foods)
Instant Split Pea Soup (Wil-Pak Foods)
Black Bean Flakes--Instant "Refried Beans" (Wil-Pak Foods)
Western Black Beans with Garden Vegetable--canned (Health Valley Foods)

PASTA, BREADS, AND CHIPS:

Vegetable Shells (Eden Foods)
Pasta plus Oriental Vegetables--frozen entree (C & W)
Pasta Salad Farfalle Bowties--frozen salad mix (C & W)
Pasta Salad Pastina Petite Shells (C & W)
Simply Fresh Potatoes--refrigerated (Northern Star)
Creative Crust Dinner Shells (Oasis Breads)
Guiltless Gourmet No Oil Tortilla Chips (Guiltless Gourmet)

DRESSINGS:

Cook's Classic Oil-Free Dressings--4 new flavors: Country French, Garlic Gusto, Dijon, Dill (Cook's Classics)
Seasoned Rice Vinegar (Nakano USA)
St. Mary's Oil Free Salad Dressing--many flavors (St. Mary Glacier)
Guiltless Gourmet Picante Sauce (Guiltless Gourmet)

BEVERAGES:

Amazake Rice Drink *in paper cartons* (Grainaissance)
Cafe' du grain (J. Intra-World Grain Products)

RICHER SOY PRODUCTS:

Lite Chef Country Barbecue (Sunfield Foods)
Tofu Scrambler Mix (Fantastic Foods)
West Soy Lite (1% fat) Plain (Westbrae Natural Foods)

RECIPES

All contributions this newsletter from Carol Wayman, Morrison, CO

LIMA BEAN SOUP

1 1/2 cups dry Lima beans
8 cups water
2 chopped onions
3 chopped garlic cloves
2 tsp. of favorite spices, like:
1. Basil, oregano, parsley
2. Cumin, curry
3. Marjoram, thyme, parsley
4. Italian herb blend (Spice Islands brand) ✓
5. Mexican blend (Parsley Patch brand)
2 large chopped potatoes
2 cups frozen Lima beans
Combine dry Lima beans, water, onions, garlic cloves and

(1hr)

spices in a sauce pan and simmer until beans are almost tender. Then add potatoes and frozen Lima beans and simmer 1/2 hour or until vegetables and beans are tender. Entire cooking time is usually 4 hours.
add more herbs & salt just before serve
Helpful Hint: Serve with corn bread. Cooking time can be shortened by presoaking the dry Lima beans.

BANANA CAKE

2 1/4 cups whole wheat pastry flour
1 1/4 tsp. baking soda
2 tsp. baking powder (no aluminum brand)
2 1/4 tsp. cinnamon
1/2 tsp. nutmeg
1/2 tsp. cloves
1/2 tsp. allspice
3/4 cup honey
1 1/4 cup applesauce
4 tsp. Egg Replacer (by Ener-G) well mixed in 8 tbsp. water
3 cups mashed bananas
3/4 cup raisins
3/4 cup chopped walnuts (optional--high fat)

Mix together flour, baking soda, baking powder, cinnamon, nutmeg, cloves and allspice. Then add honey, applesauce and Egg Replacer and mix well. Then add bananas, raisins and walnuts. Turn into a 13 x 9 x 2 inch non-stick baking pan (like Baker's Secret). Bake at 350 degrees for 1 hour. As a variation make a CHERRY BANANA CAKE by adding 2 cups of pitted sour cherries, chopped (fresh or canned). Banana Cake is a rich recipe because of all the simple sugar. But, what tasty desert wouldn't be a little rich.

MUSHROOM GARLIC CREAM SAUCE

12 cloves of garlic, peeled
1 1/2 cups water
5 mushrooms, sliced or chopped, *or cut in 1/2*
pinch nutmeg
1/4 cup soy milk, powdered (Ener G Pure Soy Quick)
1 tbsp. cornstarch, *mixed in 2 tbsp. cold H₂O*

Blanch cloves of garlic in unsalted boiling water 3 times, changing the water each time. Combine water blanched garlic, mushrooms and nutmeg. Simmer for 15 minutes over low heat. Stir in powdered soy milk and simmer another 5 minutes. Puree in blender and return to pan. Add cornstarch mixed in 1/4 cup of water. Stir continuously until thickened and well mixed. Serve over brown rice, mashed potatoes, whole wheat toast, bread stuffing or any other starch.

LETTERS

**Yesterday, my husband, our 28 year old son, and myself, went on a 14 mile, downhill mountain bike tour in Santa Cruz. You have no idea how proud I am of myself for being able to do the tour. I have excellent health, I'm very physically strong, and I feel like a million dollars. This is a far cry from where my health was in May 1989. (Ed Note:

This patient was once bedridden with rheumatoid arthritis, on gold shots for 4 years, and suffered from hypertension and obesity. She attended the McDougall Program at St. Helena Hospital May 1989. Now, she takes no medication.) R.L. San Jose, CA.

**I am a 51 year old airline pilot who six months ago had a cholesterol reading of 286, currently it is 166. How can I thank you for the work you have done and the information you've managed to get out? Thanks!!! W.B. Peterborough, NH. (Ed. Note: I feel safer flying already.)

** (7/29/90) Many years ago I bought and read your McDougall Plan, but I guess I wasn't ready or it didn't give me a good way to start so I didn't. However, I now have your McDougall Program and the McDougall Tapes (audio)-played 3 times, and am now 100%. Day eight and my weight is down 18 lb. to 198; B.P. from 170/98 to 126/66 this A.M. Feel great and am no longer chained to the bathroom facility. Many days I had to use one 15-17 times a day. Now, only 1 or 2, well-formed. I think your Program is the greatest thing since sliced bread, Scotch tape and Kleenex. (8/9/90) I have now been on the Program 100% since July 1st and many wonderful things have happened to me. Notably 20 lb. weight loss. B.P. to 130/65 from 160/95 (and two B.P. prescriptions which I gave up about day 5)...My doctor agrees this is a good approach. He's an Internist, Cardiologist, and Phd. W.M. Scotts Valley, CA.

DONATIONS

TO THE MCDOUGALL PROGRAM

The McDougall Lifestyle Change Research Fund--2574.1040 will be money I personally manage for research and education. The McDougall Program Fund--2574.1039 will be money managed by The McDougall Program administrative staff, and used for research and education. Send to The McDougall Program, c/o St. Helena Hospital, Deer Park, CA 94576. ALL TAX DEDUCTIBLE.

MORE HELP

Books and Audio Cassettes: The McDougall Program--\$19.95 (Hardcover); The McDougall Plan--\$9.95; McDougall's Medicine--A Challenging Second Opinion--\$10.00 (Hardcover); Volume I & II of the Cookbooks--\$8.95 each. The McDougall Video--\$24.95. Add postage (\$3 first book or video--\$2 each additional)--McDougall Program Audio Cassette Album--\$59.95 (Regular price \$79.95 with \$20.00 discount for newsletter subscribers), add \$5 postage. The McDougall Program at St. Helena Hospital, Deer Park, CA. Two weeks of physician supervised live-in care designed to get people off medication, out of surgery and living again--call 1-800-358-9195 (outside California) or 1-800-862-7575 (California). The McDougall Newsletter is published bimonthly. Send \$10/yr. Previous issues available at \$1.75 per copy (Vol. 1, No. 1-8; Vol. 2, No. 1-6; Vol. 3, No. 1-6; Vol. 4, No. 1-4).

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