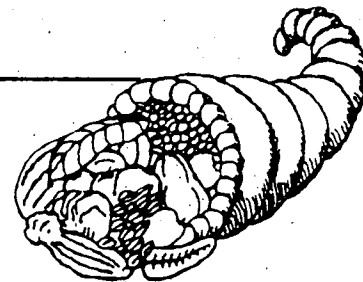


# THE MCDUGALL NEWSLETTER

JUL/AUG 1991



VOL. 5/NO.4

## INFORMATION

### PAPERBACK BOOK TOUR

#### THE MCDUGALL PROGRAM--12 DAYS TO DYNAMIC HEALTH

William Clifford Roberts, MD, Editor of The American Journal of Cardiology and the head of the Heart Division of Pathology of the National Institutes of Health (NIH), wrote some complimentary words about the McDougall Program in his prestigious cardiology journal (67:106, 1991): "Dr. George Burch once said that 'every doctor should read a diet book before he (she) retires.' During the last few years I have sought out diet books and now have about 50 of them. The 2 titles above (The McDougall Program--Twelve Days to Dynamic Health, and Dr. Dean Ornish's Program for Reversing Heart Disease) are among the better ones appearing in 1990...His present book (McDougall's) describes his 12-day plan for reversing serious illnesses. This approach is not popular with some physicians but Nathan Pritikin was ahead of his time and persons like McDougall are similar advocates...McDougall and Ornish are on the right road and we need to get on it also."

The hardcover edition of the McDougall Program has become *an enduring national bestseller*, like the other McDougall books, and the sales are increasing with passage of time. Why are the McDougall books unlike most best selling books which have only overnight success, then they are gone? The McDougall books are far ahead of their time and the market is only now developing. Scientific study is just reaching the public's attention, and incorrect and ineffective concepts are being exposed, like: "skinning your chicken," "eating fish," and "switching to olive oil," for good health. People are just starting to realize they have to make big changes in diet and lifestyle to maintain excellent health and recover from serious disease. People who really learn the McDougall philosophy on eating and health are permanently changed (however, they may not be angels and aren't expected to be so, either). Lucky you--you're ahead of the parade, which means you're likely to live long enough to see remarkable changes take place in the medical and health care in our country.

The trade paperback softcover edition can be found in your bookstores for \$10.95. Or order a *signed copy* through us by writing P.O. Box 14039, Santa Rosa, CA 95402. Include \$4 postage for first book and \$2 each additional book. Designate to whom it is to be signed to.

### TENTATIVE SCHEDULE FOR THE AUGUST BOOK TOUR

(This will change)

7th-Cleveland  
8th-Indianapolis  
9th-Kansas City  
12th-Detroit  
13th-Minneapolis  
14th-Dallas  
15th-Portland  
16th San Francisco

Possible additional cities include: Philadelphia, Pittsburgh, Boston, Washington DC, New York, Miami, St Louis, Denver, Seattle, Los Angeles, and San Diego. Call your local talk radio station, talk to the producers of the shows, and encourage them to set up a phone interview by calling my publicists at (212) 366-2222. Make similar contacts with newspaper, magazine, and TV people.

### SHALL WE TRY THE BIG ONES AGAIN?

You've often told me that I should be on the powerful *national shows* to spread this message. I agree. With your help I will eventually get their attention. Take the time to write, tell the producers what the McDougall Program has done for you and why they should dedicate time to this topic. They are always looking for a new story angle. This may be a good time to learn how to work your computer's word processor. Here are the producer's names and addresses:

- ♦ Pat Piper. "Larry King Radio Show." Mutual Broadcasting System 1755 Jefferson Davis Highway, Arlington, VA 22202
- ♦ Debbie Alpert. "Tom Snyder Radio Show." 4151 Prospect Ave Hollywood, CA 90027
- ♦ Joanne Tardieu. "Live with Regis and Kathie Lee." ABC-TV. Lincoln Square, New York, NY 10023
- ♦ Mary Kay Clinton. "Oprah Winfrey Show." WLS-TV, 110 N. Carpenter Street, Chicago, IL 60607
- ♦ Lori Benson. "Donahue." NBC Television Network, 30 Rockefeller Plaza--8th Floor, New York, NY 10112
- ♦ Mary Duffy. "Sally Jesse Raphael." Unitel Studios, 510 West 57th St New York, NY 10019
- ♦ Max Paul. "Geraldo." Investigative News Group, 311 West 43rd St.--Penthouse, New York, NY 10036
- ♦ Ms Jill Neff. Booker: Daytime Shows, Cable News Network, 111 Massachusetts Ave. NW, Washington, DC 20001
- ♦ Stephanie Bowen. "Crossfire." Cable News Network, 111 Massachusetts Ave. NW, Washington, DC 20001
- ♦ Leslie Bachman. "Larry King TV Show." Cable News Network, 111 Massachusetts Ave. NW, Washington, DC 20001
- ♦ Diane Durham. "Sonya Live in NY." Cable News Network, 1 CNN Center, Atlanta, GA 30348
- ♦ Lisa Younger. "Jesse Jackson Show." WRC-TV, 4001 Nebraska Ave. NW, Washington DC 20016
- ♦ Marlaire Selip. "Joan Rivers Show." CBS-TV, 555 West 57th Street--9th Floor, New York, NY 10019
- ♦ Phil Scheffler. "60 Minutes." CBS News, 555 West 57th St., New York, NY 10019
- ♦ Betsy West. "Prime Time." ABC Television Network, 77 West 66th St. New York, NY 10023
- ♦ Laura Wessner. "Nightline." ABC News, 47 West 66th Street--2nd

- Floor, New York, NY 10023
- ◆ Meredith White. "20/20." ABC Television Network. 77 West 66th Street, New York, NY 10023
  - ◆ Lyne Bowers. "48 Hours." CBS-TV. 555 West 57th St., New York, NY 10019
  - ◆ Jessica Stedman. "Barbara Walters Specials." ABC Television Network. 77 West 66th Street, New York, NY 10023
  - ◆ Carol Story. "CBS This Morning." CBS-TV. 524 West 57th Street, New York, NY 10019
  - ◆ Patty Neger. "Good Morning America." ABC Television Network. 1965 Broadway--5th Floor, New York, NY 10023
  - ◆ Lyne Bowers. "48 Hours." CBS-TV 524 West 57th Street, New York, NY 10017
  - ◆ Emily Boxer. "The Today Show." NBC Television Network. 30 Rockefeller Plaza, New York, NY 10020
  - ◆ David Page. "A Closer Look." NBC-TV. 30 Rockefeller Plaza, New York, NY 10112
  - ◆ Terri Whitcraft. "A Current Affair." WNYW-TV/Fox TV Network. 205 East 67th Street, New York, NY 10021
  - ◆ Kristin Rae. "Hard Copy." Paramount Television. 15 Columbus Circle, New York, NY 10023
  - ◆ Charlie Cook. "Jenny Jones." Warner Bros. Television. PO Box 3333 Merchandise Mart Plaza, Chicago, IL 60654
  - ◆ Josh Cooper. "CBS News Nightwatch." CBS News. 2020 M.-St., N.W., Washington D.C. 20036
  - ◆ Theresa Fung. "All Things Considered." National Public Radio. 2025 M St., NW, Washington, DC 20036
  - ◆ Alice Winkler. "Morning Edition." National Public Radio. 2025 M St., NW, Washington DC 20036

## MEDICAL RESEARCH

### ALZHEIMER'S DISEASE AND ALUMINUM AN EFFECTIVE TREATMENT

**"Intramuscular desferrioxamine in patients with Alzheimer's disease"** by D. McLachlan in the June 1, 1991 issue of the *Lancet* (337:1304), is an article on the two year investigation of the use of a chelating agent to slow the dementia of patients with Alzheimer's disease. 48 patients with Alzheimer's were randomly assigned to receive desferrioxamine twice daily 5 days a week, or an oral placebo (lecithin), or no treatment. The desferrioxamine group had a significant reduction in the rate of decline in daily living skills. The mean rate of decline was twice as rapid for the no treatment (and placebo) groups compared to the desferrioxamine group. The authors concluded, "that sustained administration of desferrioxamine may slow the clinical progression of the dementia associated with Alzheimer's disease."

*COMMENT:* Alzheimer's disease is a common, fatal, progressive degenerative disease of the nervous system. Age adjusted death rates are highest in the Rocky Mountain states and New England. There has been on the average a 13-fold (13 times) increase in the number of deaths from Alzheimer's disease between 1979 and 1987 in the United States (*JAMA* 265:313, 1991).

Increased concentrations of aluminum are found in several regions of the brain in patients with this disease. The senile plaques that are characteristically found in the brains of people with this disease have a central core of aluminum silicate. Epidemiology studies have found an association with

the concentration of aluminum in drinking water and Alzheimer's disease. (For a more complete discussion of this relationship see The McDougall Program page 304). The authors also say, "The results of our study suggest that other safe and effective oral aluminum chelators should be developed. The identification of sources of aluminum may help in the design of prophylactic measures that may reduce the incidence of this disease."

Desferrioxamine is a drug isolated from a microorganism (*Streptomyces pilosus*). It has a remarkable affinity for some metals and has been used to treat overload from iron and aluminum. The complexes of desferrioxamine and the aluminum are excreted in the urine. For now this appears to be the best treatment for patients with this disease. Don't forget to avoid common sources of aluminum in the air (spray antiperspirants, industrial exposure, etc.), in your food (many packaged foods) and in medications (for example Pepto Bismol, some antacids, etc.). **READ LABELS!!!**

### CHOLESTEROL AND VIOLENT DEATH

**"Deaths Due to Accidents and Violence in Two Recent Trials of Cholesterol-Lowering Drugs,"** by Diane K. Wysowski in the October 1990 Archives of Internal Medicine (150:2169). The Helsinki Heart Study (using gemfibrozil) and the Lipid Research Clinics Coronary Primary Prevention Trial (using cholestyramine) both reported higher rates of deaths due to homicides, suicides and accidents in the groups receiving cholesterol-lowering drugs compared with groups receiving placebos. Questions were raised as to whether the drugs, or the resulting lower cholesterol levels, caused these violent forms of death. This study examined these deaths and found:

- \* The two homicides were victims, not offenders, and one had stopped treatment a year before his death.
- \* Five of the eight suicides had dropped out of the trials and had not been taking their medications for months to years prior to their suicide.
- \* Of the 10 deaths from accidents, two were dropouts from the trials, three others had high blood alcohol levels, and another three reported a psychiatric history.

From these findings the authors concluded: "...little evidence remains to support the hypothesis that cholesterol-lowering drugs are causally associated with deaths due to homicides, suicides, and accidents in these trials." The possible connection between lower cholesterol levels and violent death was also examined and no association was found (*Arch Intern Med* 149:1589, 1989). Actually, those people who died of violent deaths in these two trials had higher than average cholesterol levels themselves.

*COMMENT:* Drugs do have side effects and, reasonably, the questions raised, must be investigated. However, I am particularly concerned when caution raised by drug treatment trials is generalized into warnings that too low a cholesterol level, even if accomplished by a healthy no-cholesterol, low-fat diet, may be harmful.

The idea that low cholesterol is somehow harmful may be comforting to those who are unwilling or unable to improve their eating habits, and to the industries marketing cholesterol-laden foods, *but it's not true.*

## OVERTREATMENT OF BLOOD PRESSURE IS HARMFUL

**"The J-Curve Phenomenon and the Treatment of Hypertension--Is There a Point Which Pressure Reduction is Dangerous?"** by Lisa Farnett in the January 23/30, 1991 issue of The Journal of the American Medical Association (JAMA 265:489) concluded, "that low treated diastolic blood pressure levels, i.e., below 85 mm Hg, are associated with increased risk of cardiac events." (Diastolic blood pressure is the bottom number, for example, 70 in 110/70 mm Hg.)

This review of thirteen studies in the medical literature found there is a point beyond which blood pressure reduction with medication is harmful. The authors say, "...a reasonable current compromise is to be cautious in lowering blood pressure below 85 mm Hg in patients with known ischemic heart disease. The prudence of this tactic is accentuated by the conspicuous lack of evidence of benefit for therapeutic lowering of blood pressure levels beyond this threshold."

**COMMENT:** Examinations of large populations of people have found a consistent positive association with rising blood pressure and death from heart disease. From these observations the traditional premise for the treatment of blood pressure with drugs has been "the lower the blood pressure the better." The basic flaw with this philosophy is the belief that the elevated blood pressure is the cause of the damage to the arteries (atherosclerosis) rather than the rise in blood pressure being the result (a sign) of the damage. (See McDougall's Medicine for a thorough discussion of hypertension).

The risk of death is increased by too aggressive treatment of elevated blood pressure with drugs; probably by decreasing the blood flow (perfusion pressure), to the heart and other vital tissues, and increasing the chance of blood clot formation (increased platelet adhesiveness and blood viscosity). Thus, those people with moderate to severe hypertension (diastolic greater than 100 mm Hg) who might benefit from drug therapy, are being sold too many pills by the drug industry and doctors.

These findings do not mean a person not on medication with diastolic blood pressure below 85 mm Hg has a higher risk of heart disease. Ideal blood pressure is 110/70 mm Hg or less without medication.

If a person's diastolic blood pressure is generally over 100 mm Hg after multiple readings then I will cautiously use blood pressure lowering medications (accuracy of blood pressure readings is better at home, than in doctor's office). My target for diastolic blood pressure is 85 to 90 mm Hg.

Fortunately, I rarely have to prescribe drugs. Most patients can easily lower their elevated blood pressure and stop their blood pressure medication shortly after a change in diet and lifestyle. My patients at St. Helena Hospital stop blood pressure medications and their blood pressures are 5 to 10% lower than when on drugs in less than 12 days (with very few exceptions, the drop in blood pressure takes place within 36 hours and all drugs are stopped).

## RECIPES

### BARBEQUE BEAN CASSEROLE

A wonderful dish to take to a family picnic or party. The spicy flavor of the beans means they are always the first dish to be emptied. Serve hot or cold. Try them on whole wheat buns with ketchup, mustard and lettuce.

Prep. Time: 15 minutes / Cooking Time: 20 minutes

Servings: 6-8

1 yellow onion, chopped  
1 green pepper, chopped  
2 cloves garlic, crushed  
1/4 cup water  
1 1/2 teaspoons dry mustard  
1 1/2 teaspoons chili powder  
1/2 teaspoon ground cumin  
1/2 teaspoon turmeric  
1 8 ounce can tomato sauce  
1 6 ounce can tomato paste  
1 1/2 tablespoons molasses  
1 tablespoon apple cider vinegar  
dash or two of Tabasco sauce  
5 cups cooked beans (use all one kind or an assortment)

Preheat oven to 350 degrees.

Saute the onion, green pepper, and garlic in the water for 4-5 minutes. Add the spices and stir to mix. Add the remaining ingredients. Mix well and turn into large casserole dish. Cover and bake at 350 degrees for 20 minutes.

### VEGETABLE BURGERS

Prep. Time: 20 minutes / Cooking Time: 30 minutes

Makes 10 large burgers

2 yellow onions, chopped  
1/4 cup water  
1/2 pound mushrooms, chopped  
2 cups peeled, chopped eggplant  
1 16 ounce can crushed tomatoes  
1 teaspoon poultry seasoning  
2 tablespoons soy sauce  
1 cup cooked lentils  
3 cups whole wheat bread crumbs

Preheat oven to 350 degrees.

Saute the onion in the water for 4-5 minutes, until water is gone. Add the mushrooms and cook for another 3-4 minutes. Add the eggplant and continue to cook for another 4 minutes. Add the tomatoes, poultry seasoning and soy sauce. Cook and stir for 4-5 minutes until most of the liquid is gone. Add the lentils and bread crumbs. Stir well and let rest for at least 30 minutes. Form into patties. Bake in a 350 degree oven, 35 minutes on the first side, then turn over and cook an additional 15 minutes on the opposite side. If desired, grill on a barbeque an additional few minutes, until browned on each side.

2 Japanese eggplants

Bake or microwave potatoes until done, but still firm. Set aside.

Clean mushrooms and cut off stems. Cut eggplant into 1 inch slices.

Cut peppers into 1 inch pieces.

Choose one of the marinades listed above. Cut potatoes into quarters. Marinate the potatoes and mushrooms for 30 minutes.

Alternately thread vegetables onto skewers. Brush all vegetables with marinade. Grill, turning carefully, until slightly charred, about 10-15 minutes.

## GRILLED VEGETABLES

Vegetables are delicious when grilled directly on the grill rack. Watch them closely; they burn easily! A little charring brings out the flavor.

Before grilling, rinse, trim, cut and precook vegetables as suggested below. To precook; cook the vegetable in a small amount of water for the specified time, drain and set aside.

To grill, brush vegetables with marinade of your choice. Suggestions are given below. Cook directly on the grill rack over medium-hot coals. Brush frequently with marinade and turn occasionally. Vegetables are ready when they are slightly charred and are easily pierced with a skewer or fork.

**Eggplant:** Cut off top and blossom ends. Cut crosswise into 1 inch thick slices. Cut Japanese eggplant in half lengthwise.

**Zucchini:** Cut off both ends. Cut in half lengthwise.

**Leeks:** Cut off green tops, trim and clean well. Precook for 10 minutes. Cut larger leeks in half lengthwise.

**Carrots:** Cut off tops and scrub well. Precook for 3-5 minutes. Cut larger carrots in half lengthwise.

**New Potatoes:** Cut larger potatoes in half. Precook for 10 minutes.

**Mushrooms:** Choose large mushrooms or thread smaller ones on skewers. Wash and trim stems.

**Bell Peppers:** Remove stem, cut in quarters, remove seeds and membrane.

**Corn:** Carefully pull down husks, remove the corn silk. Pull husks back up around corn. Soak in a bucket of cold water for 1 hour before grilling.

## Marinades:

- 1) 1 cup oil-free Italian dressing
- 2) 1/2 cup soy sauce, 1/2 cup balsamic vinegar
- 3) 1 cup barbeque sauce
- 4) 1 cup water, 1 tbsp. soy sauce, 1 tsp. fresh grated gingerroot, 1/4 tsp. Tabasco sauce
- 5) 1 cup water, 1/4 cup white wine vinegar, 1 tsp. Dijon mustard, 1 tsp. basil, 1 tsp. oregano, 1/4 tsp. pepper
- 6) 1 cup tomato juice, 1/4 cup vinegar, 2 tbsp. soy sauce, 1 tsp. Cajun spice mix, dash Tabasco sauce

## POTATO SHISH-KEBABS

- 8 medium-small red potatoes
- 1/2 pound mushrooms
- 1 green or red pepper

# HELP

## DONATIONS

### TO THE MCDUGALL 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--\$11; The McDougall Plan--\$10; McDougall's Medicine--A Challenging Second Opinion--\$10 (Hardcover); Volume I & II of the Cookbooks--\$9 each. The McDougall Video--\$25. McDougall Program Audio Cassette Album (8 tapes)--\$60. Add postage (\$4 first book, audio album, or video and \$2 each additional item)

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. 1-6; Vol. 5, No. 1-3).

Send all orders to THE MCDUGALLS, POB 14039, Santa Rosa, CA 95402. Send US funds only! Add extra postage for foreign orders.

\*\*\*\*\*

## IS IT TIME TO RENEW?

Look at your envelope for a renewal notice. If your envelope has a stamped message on it that says, "time to renew," then don't hesitate. This is the only notice you will receive. Right now make out a check for \$10.00 for another year of the McDougall Newsletter. Send you check with your name and address, or even easier, enclose your mailing address from this envelope. Mail to The McDougall Newsletter, P.O. Box 14039, Santa Rosa, CA 95402.

\*\*\*\*\*

The McDougall Newsletter is *not* copyrighted. Duplicate and share with Friends!