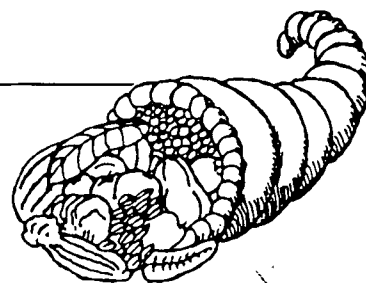


THE MCDUGALL NEWSLETTER



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INFORMATION A MCDUGALL UPDATE

SYNDICATED RADIO SHOW

The first of September 1993 Dr. McDougall's radio show became syndicated across the state of California. Every Sunday evening from 7 to 9 PM his live, call-in, controversial, talk-show with interesting guests can be heard. The stations are powerhouses with a signal many people living in neighboring states will be able to receive.

San Diego:	KSDO 1130 AM
Los Angeles:	KABC 790 AM
Oxnard/Ventura:	KVEN 1440 AM
Palm Springs:	KNWZ 1270 AM
Fresno:	KMJ 580 AM
Santa Cruz:	KSCO 1080 AM
Modesto:	KYOS 1480 AM
San Francisco:	KNBR 680 AM
Napa:	KVON 1440 AM
Sacramento:	KST 650 AM
Santa Rosa:	KSRO 1350 AM
Chico:	KPAY 1060 AM
Redding:	KQMS 1400 AM

(KNBR is taped delayed to Sunday mornings)

The show is being produced by Creative Promotions and Radio Syndications headed by Burt Wallen Sr., who is bringing a professional sound to the show, and Burt Wallen Jr., who is bringing the show to new markets. Distribution all over the United States is expected in one year.

The past two years of McDougall radio shows on the North Bay radio stations has changed this area tremendously. People have become actively involved in their medical care. They are seeking information and challenging second opinions. They have learned to say "NO" to their doctors. Wherever you go you will find restaurants with "McDougall" selections on the menus. Advertisements proclaim "our restaurant serves the greatest number of McDougall entrees." If the response is only a fraction as great throughout the state of California, the health and medical care for the people of this state will be changed for the better (California needs all the help it can get right now!).

EXPANDING SEMINARS

With statewide coverage provided by the radio, one-day seminars will be held all over the state. We have been holding these in the Bay Area, usually on a Saturday for the past 5 years. A McDougall lunch is provided by the hotel. Mary and John McDougall share their 17 years of experience with the

audience mostly through visual demonstrations that cannot be adequately communicated by a voice on the radio. Blood cholesterol screening is usually available for a nominal cost. This seminar is the greatest entertainment and educational value you'll ever find. People's health improves, their medical needs are reduced, and the way they eat changes for the rest of their lives. As an added benefit, all this transforms into money saved by the individual and the health-care system.

Los Angeles, San Diego, Sacramento, and Santa Rosa seminars are planned for January and February of 1994. You can obtain more information and sign up for seminars in your area by calling (800) 570-1654. Also call if you would like to help us come to your area. We are looking for ways to advertise the event, good locations (hotels, meeting centers), and volunteers to help before and during the event.

EXPANDING NEWSLETTER

Beginning next month the McDougall Newsletter will be expanding from 4 pages to 12 pages and include contributions from other health experts. Many of the guest writers will be people who have appeared on Dr. McDougall's radio show. The newsletter will be produced by Siri Jostad who works with Creative Promotions. Cost will increase to \$15 yearly (from \$12) and still come out every other month. Your present subscription will be continued without any extra charge until the time of renewal.

THE NEW MCDUGALL COOKBOOK

Mary's new cookbook, The New McDougall Cookbook (with John's name on the cover), has been on the "Ingram's National Best Selling List" for the past several weeks. Although the book was just released in July, almost 50,000 copies have been sold and the book is in its third printing. The San Francisco Chronicle Newspaper (September 8, 1993) found the recipes simple to prepare, providing very satisfying meals and "they put you in mind of a neighborhood potluck." Vegetarian Times (October 1993) says "The McDougalls' own style of cooking has matured. They're more creative and more generous with the spices. The result is a truly low-fat vegan cookbook that's chock-full of recipes for hearty and nourishing dishes."

Personalized signed copies can be purchased through Dr. McDougall's office, P.O. Box 14039, Santa Rosa, CA 95404. Send \$24 plus \$4 for postage for each book. Additional books sent to the same address add \$2 postage each (\$5 1st book/\$3 each additional book outside the USA--US funds only). Include name of person to be personally autographed to and address to be mailed to. The other McDougall books continue to be national bestsellers. The books, as well as the McDougall audio tape album and the video tapes are available through the office address (see back panel for price list).

ST HELENA IS PACKED

The McDougall Program at St. Helena Hospital has been running programs with the maximum number of people we can handle (20) each month. Two extra programs have been added so far this year to reduce the waiting list down to a couple of months. You can call (800) 358-9195 for information on and availability of upcoming programs.

MEDICAL RESEARCH

ALCOHOL GOOD FOR BONES?

A prospective study of alcohol consumption and bone mineral density by Troy L. Holbrook in the June 1993 issue of the British Medical Journal (306:1506) found people who drink had stronger bones. The study of 182 men and 267 women was adjusted for other factors that influence the development of osteoporosis such as age, body size, smoking, exercise, and use of estrogens. The more alcohol a person drank the greater the bone mineral density in the hip (femoral neck), the wrist (radial shaft), and the spine. The conclusion of the article was, "Social drinking is associated with higher bone mineral densities in men and women."

They divided the drinkers into three groups: Low intake of alcohol was less than half an ounce a day, medium intake was about an ounce a day, and high intake was 2 ounces a day of pure alcohol. (To consume one ounce of pure alcohol you would drink a little more than two ounces of hard liquor, or two beers, or 8 ounces of wine.)

The reason for alcohol's benefit on bones is unclear. The authors suggest it may be due to the effect of alcohol on the body's hormone production. Alcohol may increase estrogen levels in women. Alcohol also increases the production of male hormones (androstenedione) which are then converted into estrogens. Estrogen helps prevent bone loss.

The authors also said, "Although alcohol consumption cannot be recommended as a preventative for osteoporosis, it is reassuring that social drinking appears to have no negative effect on bone density."

COMMENT: Not surprisingly, this became a popular story over night simply because people like to hear "good news about their bad habits." Osteoporosis can now be added to heart disease as a common health problem benefited by moderate drinking. Caution must be used with this kind of information. Nine out of ten people will hear this message correctly, but one out of ten persons, the alcoholic, may find this a reason to start or resume drinking, and lives are destroyed.

There is another explanation for stronger bones with increasing alcohol. Alcohol provides calories without protein. Excess protein, especially animal protein, causes the kidneys to excrete calcium in amounts that exceed the body's intake of calcium. The net result is the calcium stores, the bones, make up for the loss, and are weakened. Over decades this loss leads to osteoporosis. There is, of course, a healthier way to make your

diet low in animal protein than drinking more alcohol: eating a starch-based diet.

VITAMINS AND BIRTH DEFECTS

Prevention of congenital abnormalities by periconception multivitamin supplementation by Andrew Czeizel in the June 1993 issue of the British Medical Journal (306:1645) found vitamin supplements cut the risk of serious birth defects in half. The study was performed on Hungarian women. The couples were divided into two groups. They were asked to stop taking other vitamins and then given a pill that was either a multivitamin or a placebo with no vitamins. The vitamin pill contained 12 vitamins and three trace elements. After 3 months on the supplements they were asked to try to conceive and to return after they were pregnant. They continued to take the pills throughout this time. The outcome of the pregnancy was then evaluated for eight months after birth. In the group of women who took the vitamins there were 14.7/1000 babies born with defects compared to the control group of 28.3/1000. A total of 4704 pregnancies were studied.

Many previous studies have found neural tube defects are prevented by vitamin supplementation. Neural tube defects include spina bifida where the base of the spinal cord fails to close properly and the child can be paraplegic, and anencephaly where the child is born with an incompletely formed brain. Folic acid is the vitamin most commonly supplemented to prevent these defects. In this study, other birth defects were reduced by supplementation with a multivitamin which includes folic acid. These defects included hydrocephalus, cleft palate, serious heart defects, limb abnormalities, and failure of kidney development.

COMMENT: Numerous studies recently published leave little doubt that most of the common birth defects can be reduced in frequency by vitamin supplementation prior to a woman becoming pregnant and during the early days of pregnancy. These findings seem to call for all women capable of becoming pregnant to take vitamin supplements during their entire reproductive life. And this may be the most that can be expected for many women to do. Is the correct conclusion from these studies, *birth defects are due to vitamin pill deficiency?* No!

The correct conclusion is: The rich American diet, inadequate in plant-derived foods, fails to provide the right vitamins in the right amounts. Eleven of the 13 known vitamins are made by plants (Vitamin D is from action of sunlight; B12 is from bacteria). Most people eat too few vegetables, and too much meat, dairy, and processed foods.

Processing, cooking, and extended storage further destroys vitamins. Folic acid is found in many foods, but 50 to 95% is destroyed by prolonged cooking and processing, such as canning. Except for liver, all kinds of meat are low in folic acids, as are dairy products. Concentrated fats and oils are completely deficient in this vitamin. Some of the best sources of folic acid are legumes, whole grains, and fresh green vegetables.

Micrograms of Folic Acid (in one cup cooked)

Black beans	256
Garbanzo beans	282
Peas	127
Barley	128
Corn	76
Asparagus	176
Broccoli	104
Green cabbage	40
Orange	60
Chicken	16
Beef	12
Fish	10
Beef Liver	420
Milk	12
Cheese	36
Olive Oil	0
Margarine	0
Butter	0

These findings should encourage all women (and men and children) to eat a healthy diet of grains, legumes and vegetables throughout their life for their own sake, as well as, the sake of their unborn.

MAGNESIUM INCREASES HEART TROUBLE

Influence of oral magnesium supplementation on cardiac events among survivors of an acute myocardial infarction by Anders Galloe in the September 1993 issue of the British Medical Journal found taking magnesium supplements did not reduce the incidence of cardiac events in survivors of heart attacks, and actually increased the risk of developing more heart trouble. Patients surviving a heart attack in hospitals in Copenhagen were divided into two groups--one getting magnesium, the other a placebo. After 1 year more than twice as many repeat heart attacks, coronary artery bypass surgeries, and cases of sudden death were found in the group on magnesium supplementation.

COMMENT: Previous studies using intravenous magnesium after a heart attack have shown a reduction in serious arrhythmias and death. This may have been due to a correction of a magnesium deficiency commonly seen in patients on diuretic and some heart drugs (digoxin). Therefore, the investigators expected to see similar benefits when this mineral was given by mouth over a long period of time. However, the opposite results were found. Therefore, use of magnesium supplements after a heart attack is not advised.

Vitamin and mineral supplements do have an effect on the body. However, like all "drugs" some of the effects are desirable and others are not. Scientists must look for adverse consequences of various therapies even when they may seem on the surface to be as harmless as magnesium--an essential mineral required for life.

RECIPES

POTATO RATATOUILLE

SERVINGS: 10

PREPARATION TIME: 20 MINUTES

COOKING TIME: 38 MINUTES

2 large yellow onions, chopped
2 cloves garlic, minced
1/4 cup water
3 green peppers, chopped
4 zucchini, sliced
2 large potatoes, peeled and chopped
4 cups chopped tomatoes, fresh or canned
1 teaspoon fresh chopped basil
1 teaspoon fresh chopped oregano
2 tablespoons fresh chopped parsley
fresh ground black pepper to taste

Place onions and garlic in a large pot with the water. Cook and stir for about 3 minutes. Add remaining ingredients, except the pepper. Cover and cook over medium heat for 30 minutes, stirring occasionally. Season with fresh ground pepper before serving. May be served hot or cold.

MUSHROOMS WITH WILD RICE

SERVINGS: 4

PREPARATION TIME: 20 MINUTES

COOKING TIME: 1 HOUR FOR RICE, 30 MINUTES FOR VEGETABLES

1 cup wild rice
3 cups water
1 tablespoon soy sauce
1/4 cup minced scallions
1 medium round yellow onion, chopped
2 stalks celery, chopped
1/2 pound mushrooms, sliced
8 fresh Shiitake mushrooms, chopped
1/2-3/4 cup chopped oyster mushrooms
2 tablespoons soy sauce
1/2 teaspoon crushed sage
1/4 teaspoon poultry seasoning
fresh ground pepper to taste

Place rice, water, soy sauce, and scallions in a saucepan with a tight fitting lid. Bring to a boil, reduce heat, cover and cook over medium heat until liquid has evaporated and rice is tender, about 1 hour. Set aside.

Place onions and celery in a large pan with about 1/4 cup water. Cook and stir for several minutes, until vegetables soften slightly. Add mushrooms, cook, stirring occasionally for another 10 minutes. Add cooked rice and the remaining seasonings. Cook over low heat for another 15 minutes.

ORIENTAL GREEN SALAD

SERVINGS: 2-4

PREPARATION TIME: 15 MINUTES

CHILL TIME: NONE

1 cup torn leaf lettuce
1 cup torn Chinese cabbage
1 cup mung bean sprouts
1/2 cup snow peas, trimmed
1/2 cup sliced bamboo shoots (canned)
1/4 cup thinly sliced carrots
1/4 cup thinly sliced celery
1/4 cup broccoli pieces
3 tablespoons soy sauce
3 tablespoons rice vinegar
2 tablespoons water
1/4 teaspoon fresh minced garlic
1/4 teaspoon fresh minced gingerroot

Combine all vegetables in a large bowl. Toss to mix. Set aside.

Combine soy sauce, vinegar, water, garlic and ginger in a small blender jar. Process briefly and pour over vegetables. Toss to coat and serve at once.

HINT: This salad may also be served with your choice of oil-free dressing, instead of the soy sauce dressing given here.

SPICY TOMATO COLESLAW

SERVINGS: 8

PREPARATION TIME: 25 MINUTES

CHILL TIME: 2 HOURS

6 cups shredded cabbage
1 bunch scallions, cut into 2 inch pieces and then julienne cut
1 green pepper, julienne cut
1 cucumber, julienne cut
1 tomato, chopped
3/4 cup spicy tomato juice
1/4 cup red wine vinegar
1 tablespoon soy sauce
1/2 teaspoon ground cumin
1/4 teaspoon ground black pepper

Prepare vegetables and combine them in a large bowl. Set aside.

Pour tomato juice and vinegar into a jar. Add soy sauce, cumin and pepper. Shake to mix well. Pour over vegetables, toss to mix. Cover and refrigerate at least 2 hours to allow flavors to blend.

CORN SALAD

SERVINGS: 4

PREPARATION TIME: 15 MINUTES

COOKING TIME: 4 MINUTES

CHILL TIME: NONE

2 cups corn kernels
1 medium tomato, chopped

1/2 cup cooked kidney beans
1/3 cup chopped green pepper
1/3 cup chopped sweet onions (Vidalia or Maui)
1/2 cup chopped mushrooms
1/4 cup Cooks Classic Dijon oil-free dressing
4 large lettuce leaves

Steam corn until just tender, about 4 minutes. Combine with remaining vegetables, except lettuce leaves, and mix well. Add dressing and toss again to mix. Spoon over lettuce leaves and serve at once.

HINT: If using fresh corn, steam or microwave before cutting it off the cob. Frozen corn may also be used in this recipe. If using canned kidney beans, rinse and drain before using in this recipe.

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 New McDougall Cookbook--\$24. The McDougall Program--\$10.95; The McDougall Plan--\$10.95; McDougall's Medicine--A Challenging Second Opinion--\$11.95; Volume I & II of the Cookbooks--\$9.95 each. The McDougall Video--\$25. McDougall Program Audio Cassette Album (6 tapes)--\$69.95. 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 \$15/yr. Previous issues available at \$2 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. 1-6; Vol 6, No. 1-6; Vol 7 No. 1-4).

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 \$15.00 for another year of the McDougall Newsletter. Send your 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.

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← This is my recipe! sm