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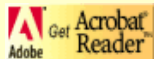
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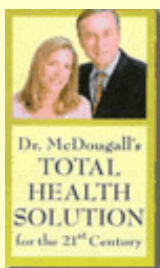
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November 2002 Vol. 1 No. 11

Chained to the Bathroom

This article continues a series exploring the health of your intestinal tract. Consider the strongest contact with the world around you is through your food, processed and absorbed by your intestine.

We all can recall the painful distress from a bad case of the stomach flu or a bout with "traveler's diarrhea." Can you imagine this happening almost everyday – all day long? Unfortunately, for some people this is a way of life.

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Atkins Diet Is As Good as Chemotherapy for Weight Loss

Research released Monday, November 18, 2002, at the annual scientific meeting of the American Heart Association, showed that people on the Atkins low-carbohydrate diet lost more weight and had better cholesterol and triglyceride counts than people on a traditional Heart Association-approved low-fat diet.

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Successful Weight Loss Tips

I believe in the perfection of nature's design. Everywhere I look there is an interrelationship among all living things and the surrounding environment that supports harmonious survival and growth. I find it hard to believe that the human being would be any less well taken care of than other animals and plants on this Earth. Then why is it that our hunger drive seems to be mismatched with our needs and the size of our stomach, so that we have to consciously count every morsel of food that passes our lips for fear we will gain weight?

I believe that there must be a set of rules for choosing foods that are correct; so that our hunger drive always causes us to take in the right amount of food, that happens to fit our perfectly-sized stomach...

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The American Heart Association Continues to Harm the Public

Thanks to your help, the editor of the official American Heart Association journal, *Circulation*, published my second letter to the Nutrition Committee in the November 12, 2002 issue of the journal – rather than bury it in the internet on-line correspondence section of the journal as they had originally planned, where no one would see it. Unfortunately, they were not willing to make Barbara Howard PhD, the spokesperson for the American Heart Association Science Advisory Committee, answer my questions and tell the truth.

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Heather McDougall with a degree in English and a love for cooking, especially with her mother, will be a frequent contributor to the newsletter. We invite you to contribute your thoughts and recipes to the McDougall Newsletter also. Write heather@drmcDougall.com

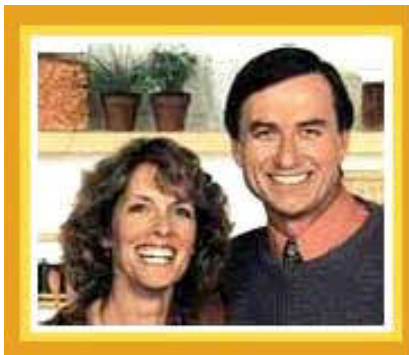
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The McDougall Newsletter

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Chained to the Bathroom

We all can recall the painful distress from a bad case of the stomach flu or a bout with “traveler’s diarrhea.” Can you imagine this happening almost everyday – all day long? Unfortunately, for some people this is a way of life. They know where every bathroom is in every building in every town they visit. They fear going out of their home because of the sudden onset of stomach pains and an uncontrollable urge to move their bowels; followed by a torrent of diarrhea – sometimes accompanied by blood and mucus. This distress is most commonly due to inflammation of the large intestine (colon) and is called *colitis*. The cause can range from an infection with a bacteria, parasite, or virus to an allergic reaction from a disagreeable food. And the troublesome agent can come to the colon from the remnants of food flowing inside the intestine or through the bloodstream. When the colitis is short-lived there are usually no serious consequences – and people recover fully. However, there are chronic forms that never go away and are resistant to all the drugs modern medicine has to offer.

The reason that these forms never go away is because the cause of the colitis never stops. In other words, whatever is the source of the colitis continues to attack, injuring the body, and in this case most noticeably the colon. So the solution to this chronic condition is to find the offending agent and eliminate it. Modern medicine can do this in some cases of chronic parasite infections, like *Giardia*, with the use of antibiotics. But most cases of chronic colitis are incurable because the offending agent remains elusive.

Why is Chronic Colitis Incurable?

The main reason chronic colitis is rarely healed is because almost all practicing doctors believe that the foods we eat have little or nothing to do with the health of our intestine (or for that matter our entire body). They cannot imagine that what remains for hours and sometimes days in contact with the lining of our intestinal tract could have a thing to do with its health. This misunderstanding is as preposterous as a doctor believing that what people breathed had no affect on their lung health or that substances that contact a patient’s skins rarely caused skin disease.

So the first step in curing any chronic disease, including chronic forms of colitis, is to recognize that the most intimate contact the body, and especially the colon, has with the world around us – is our food. The second step is to understand that the rich American diet is the wrong food for people. Acceptance of these two premises is essential to solving common forms of colitis.

Chronic colitis can range from very mild and hardly noticeable to severe and life threatening – and all levels in between. However, the following discussion will artificially divide the colitis into mild and severe forms.

Mild Chronic Colitis

Mild chronic colitis is commonly known as *irritable bowel syndrome* (abbreviated IBS – also known as spastic colitis and spastic colon). This disorder accounts for nearly 50% of referrals to gastroenterologists. IBS affects mostly women and is seen in as many as 24% of women and 15% of men in Western societies.

The primary symptoms of IBS are abdominal pain, bloating, feeling of incomplete evacuation, and poor bowel function. This may present as either predominately diarrhea or constipation, or alternation between these two extremes. I learned in medical school that this was primarily a disease of “neurotic, middle-aged, women.” But, that was from my same doctor-mentors who taught me that diet had nothing to do with disease.

The idea that the mind can cause bowel disease has been one of the fundamental teachings for medical students and doctors for decades. We learn that stress will cause acid indigestion and stomach ulcers, and that IBS is a neurosis. Stop and think: the brain is a long way from the colon, and to make that conclusion over the more obvious one – that the food that bathes every inch of our intestinal tract is the cause – is a long stretch. Life is difficult with constant emotional challenges, but have faith that what you put in your intestinal tract determines its health.

Dietary Treatment of IBS

The contents of the intestinal tract – the American (Western) diet – are the obvious place to look for cause and cure of IBS. There are many qualities of this diet that make the intestine inflamed. This diet is high in fat, indigestible milk sugar (lactose), and low in dietary fiber, carbohydrates, and plant chemicals (phytochemicals). Many of the food proteins cause allergic reactions. Specific food intolerances are argued to be involved in as many as 58% of cases of IBS and the most likely offenders are milk, wheat and eggs.¹⁻⁴

Adding fiber to the diet of patients with IBS has shown to significantly improve their symptoms.⁶ Most of the experiments have been done using supplements of wheat bran or guar gum.⁷ Constipation is helped much more than the diarrhea-type of IBS with the addition of these fiber supplements.⁷ There are, however many different kinds of fibers in plant foods which have many functions in the bowel. Therefore, I have found the benefits from a change to a plant-based diet with hundreds of naturally healthy fiber to be much greater than those seen with a single fiber source.

IBS has also been effectively treated with the addition of “friendly intestinal bacteria,” called *probiotics*.⁸⁻¹⁰ Organisms used in one study, *Lactobacillus plantarum*, resulted in all patients reporting resolution of abdominal pain and half of them had relief of constipation.⁸ Eating a healthy, plant-based diet causes healthy bacteria to grow in the intestine, because these bacteria like to eat the plant sugars (oligosaccharides) found in starches, vegetables, and fruits.

My experience has been that a change to a low-fat, plant-based diet (a diet based on starches, vegetables and fruits) results in almost immediate relief of bowel cramps, diarrhea, and constipation. This is due to many qualities of the vegetable foods. For the very few people who continue to have symptoms, I will eliminate wheat – to which some people may be sensitive. As a last resort I will ask these people to follow an elimination diet. (A very effective elimination diet is found at www.drmcDougall.com under “Common Diseases, Allergic Diseases.”) It seems a shame to blame the patient by calling her neurotic when the intestinal tract is the obvious place to look for a solution.

Severe Colitis

Severe forms of colitis are known as *inflammatory bowel disease* (IBD) and encompass two categories of disease called *ulcerative colitis* (UC) and *Crohn's Disease* (CD). These diseases resemble each other so closely that it is hard for doctors to distinguish between them and for practical purposes can be considered almost identical, since the cause and treatments are essentially the same. In a practical world, doctors do not know the cause and the treatments never cure the diseases; and all that is offered the suffering patients are temporary benefits with plenty of costs and side effects – in other words a multitude of medications.

IBD is a chronic inflammatory condition causing patients to suffer with abdominal pains, bloody diarrhea and mucus. The diagnosis is made when there is no other cause found by negative stool cultures for bacteria, ova, or parasites. This is an autoimmune disease, where the body attacks the bowel tissues.

Evidence for a Dietary Cause

IBD is found exclusively in societies where people eat the Western diet. Worldwide this disease is more commonly found in northern than southern populations – this trend parallels the consumption of the Western diet -- the incidence increasing worldwide as people change from unrefined plant-based diets to diets of meat, dairy products and refined foods.¹¹

People with UC have been found to have higher intakes of animal protein than the general population has.¹² Patients with high levels of antibodies to whole milk are more likely to have rapid relapses than are patients with low levels of these milk antibodies.¹³ A high intake of refined carbohydrates and a lower intake of fruits and vegetables has been associated with Crohn's Disease.¹⁴⁻¹⁵ Patients with UC are likely to have symptoms induced by cow's milk.¹⁶ A study from Japan of UC patients found that margarine or chemically modified fat may play a role in the development of ulcerative colitis.¹⁷

Sulfur compounds may also play an important role in the cause of IBD. Hydrogen sulfide has been found to be toxic to the cells of the colon.¹⁹⁻²⁰ This substance is produced in the bowel by the action of bacteria on dietary sources of sulfur – more specifically, sulfur-containing amino acids. Animal products are the main sources of these amino acids.²¹ Compare the relative amounts of methionine, a common sulfur-containing amino acid, in these foods (based on calories):

Beef provides 4 times more than pinto beans

Eggs have 4 times more than corn

Cheddar cheese has 5 times more than white potatoes

Chicken provides 7 times more than rice

Tuna provides 12 times more than sweet potatoes (Giving a whole new understanding of "fish farts.")

Dietary Treatment of Severe Colitis

Very basic diets consisting of mostly sugar and water called *elemental diets* have been found to be very effective at relieving acute flare-ups of Crohn's Disease. Possibly their benefits come from the fact that they contain no intact protein to cause an autoimmune reaction with the gut. One study compared formulas with no intact protein with another formula with intact milk protein. Remission was found in only 36% of those taking the formula with milk protein, but 75% on the protein-free formula.²²

In one recent large scale controlled study, 93 unselected patients with CD followed an elimination diet and 84% achieved remission after 2 weeks. Food intolerances discovered were predominately cereals, dairy products and yeast.²³ However, only about 40% remained in remission after 2 years and this was largely due to poor compliance with the diet. A previous study of self-selected (therefore, more compliant) patients had shown that two-thirds of patients treated with diet were well after 2 years.²⁴ Many other studies have found significant benefits from treating patients with IBD by a healthy largely plant-based diet that eliminates or reduces the intake of animal protein and/or fats.²⁵⁻³⁰

An important study was performed with Crohn's Disease patients who had been suffering from severe diarrhea for many years, with 20 stools or more per day.³¹ The subjects were changed from a high-fat diet to one low in fats. This gave relief from the frequent watery stools within two to three days. Most patients continued to form solid bowel movements-as long as they kept the animal and vegetable fats out of their diet.

A person with a functioning healthy small intestine re-absorbs the bile secreted from the liver in the last part of the small intestine, called the ileum. In patients with Crohn's Disease, this portion of the ileum often is damaged and unable to absorb the bile. Bile continues to flow through the ileum into the large intestine, where it causes irritation and discharge of mucus and water. In these patients, the immediate benefit from a change in diet is the decrease in bile acids produced by the liver as a response to lowering the fat content of the foods eaten. In addition, the fibers introduced in a plant-based diet bind and neutralize many of the bile acids and absorb free water present in the stool.

Diet for the Treatment of Chronic Colitis

Obviously, the contents of the bowel must have a determining effect upon its health. Therefore, logic dictates that a person wishing to keep his/her bowels healthy should put good foods in them. Whether it is heart disease, cancer, obesity or diabetes that is being discussed, the diet that is recommended is a diet high

in complex carbohydrates and low in animal foods and fats – in other words a plant-based diet. There should be no surprise that the same diet is “bowel-healthy” too.

I believe the best diet for preventing and treating all forms of colitis is based upon starches with the addition of fruits and vegetables. This diet is also devoid of all free fats (all vegetable oils) and all animal products. If this fails to resolve the problems then the next step is to eliminate wheat products. Finally, the elimination diet should be tried to search out any offending foods. With this approach I have seen most people with colitis improve and many cured of their conditions – including those with the more serious forms of IBD. There is no reason not to believe this and try a healthy diet for a period of time (say 4 months). There are no added costs and no side effects from this approach and there is a real possibility of excellent health being the result.

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Atkins Diet Is As Good as Chemotherapy for Weight Loss

Research released Monday, November 18, 2002, at the annual scientific meeting of the American Heart Association, showed that people on the Atkins low-carbohydrate diet lost more weight and had better cholesterol and triglyceride counts than people on a traditional Heart Association-approved low-fat diet. The study was funded by the Dr. Robert C. Atkins Foundation, a private nonprofit organization that funds research on carbohydrates and was founded by the author of the Atkins diet. The study was conducted by Dr. Eric Westman, an internist at Duke University's diet and fitness center.

Studied were 120 overweight volunteers, who were randomly assigned to the Atkins diet or the Heart Association's Step 1 diet. The Atkins diet limits carbohydrates to less than 20 grams a day, and has no limit on intake of fats or cholesterol. The diet is mostly meat, poultry, fish, eggs, and cheese. The Step 1 AHA diet is about 30% of energy (calories) from fat, 50 to 60% of energy from carbohydrate, 10 to 20% of energy from protein, and less than 300 mg cholesterol per day. This is considered a well-balanced, heart-healthy diet, and is not really intended for weight loss.

Here Are the Results (after six months):

- Thirty-one pounds lost on Atkins versus 20 pounds on an AHA low-fat diet.
- HDL (good cholesterol), up 6 mg/dl with the Atkins, down 2 mg/dl with the AHA diet.
- LDL (bad cholesterol) – little change with either diet.
- Triglycerides: down 49 % with the Atkins, down 22% with the AHA.

So What Does This Prove?

The results of the new study by Dr. Westman are not published yet, so all I have is the newspaper report. But Dr. Westman did publish results of subjects who had been 6 months on the Atkins diet in the July 2002 issue of the American Journal of Medicine (This study was also funded by Atkins).¹ These results show:

Cholesterol:

Down 11 mg/dl

LDL Cholesterol:

Down 10 mg/dl

HDL cholesterol:

Up 10 mg/dl

Triglycerides:

Down 56 mg/dl

Urinary Calcium:

Up 86 mg/24 hours (a contributor to kidney stones and osteoporosis)

Symptomatic Adverse Effects:

68% reported constipation

63% reported bad breath

51% reported headaches

The AHA Diet Is Almost Useless:

The American Heart Association Diet is only slightly better than the American diet and would not be expected to show impressive results. For example, 22 physician practices from communities in Western Pennsylvania and West Virginia treated a total of 450 adults with cholesterol levels in the 250 – 270 mg/dl range with the Step 1 AHA diet for 18 months.² They showed a 5.4 mg/dl reduction in cholesterol levels in patients given usual care on the AHA diet.

Comparing a useless diet (the AHA diet) to the Atkins diet proves nothing. What they need to compare the Atkins diet with is a very healthy, very-low fat, diet like ours. In 11 days we have shown an average decrease of 29 mg/dl in subjects starting from similar levels of cholesterol.

What an Independent Study Shows on Atkins:

The only study on adults ever performed which was independent of Atkins' financial influence was published in September of 1980 in the Journal of the American Dietetic Association.³ This study of 24 men and women

for 12-weeks (4 weeks on the strict Atkins diet) showed the following after 2 to 4 weeks on the diet:

Cholesterol:

Up 12.3 mg/dl in both men and women

Up 27.3 mg/dl in women

Up 1.6 mg/dl in men

LDL (bad) Cholesterol:

Up 23 mg/dl for both men and women

Up 37.8 mg/dl for women

Up 11.6 mg/dl for men

HDL (good) cholesterol:

Down 2.9 mg/dl for both men and women

Down 6.7 mg/dl for women

Down 0.21 for men

Uric acid (kidney stones and gout):

Up 1.8 mg/dl

Free Fatty Acids (can cause arrhythmias):

Up 426 mEq/ml (nearly doubled)

Triglycerides:

Down 45 mg/dl in both men and women

After 8 weeks the average weight loss was nearly 17 pounds.

Therefore, in independent research supported from a grant from the Washington Heart Association, cholesterol levels become worse with the meat, cheese, and egg-laden Atkins diet – big surprise.

How Could Cholesterol Levels Improve by Eating Cholesterol?

How did Westman get the results all your friends are talking about? The Atkins diet works by making people so sick that they eat less of all foods. The primary mechanism for this approach is to produce a condition called ketosis. In this state the appetite is suppressed and people eat less – including less cholesterol and fat – than they were eating before going on the diet.

Ketosis is a condition that occurs naturally when people become seriously ill. It is an adaptive mechanism that allows the body to recuperate during times of illness rather than being overwhelmed by a strong hunger drive, forcing them to gather and prepare food. Because the Atkins diet takes advantage of a state found with illness, I call this diet “the make yourself sick diet.”

Similar changes in body weight, cholesterol and triglyceride levels also occur when people become ill for other reasons. A classic example is cancer chemotherapy. Typically people on these toxic medications become ill, lose their appetite, eat much less food, lose weight and lower their cholesterol, blood sugars, and triglycerides. Therefore, next time, in addition to testing Atkins’ diet against a healthy plant based diet; there should also be a control group on chemotherapy for a realistic comparison.

Atkins Is the Saddam Hussein of the Diet Industry

How could anyone take seriously a diet program that served all that cholesterol and fat-laden food and caused side effects like calcium loss, constipation, bad breath, and headaches? Is it because people are so desperate to lose weight they would do anything? Even sacrifice their health? Look closely at people on the Atkins diet. They may lose a few pounds but they look like “death warmed over.” They have sallow complexions, look tired and sickly. Would you expect otherwise? They are sick from serious malnutrition.

And speaking of sick-looking people, before April of 2002 the founder of the Atkins’ diet, Robert C. Atkins, appeared grossly overweight. I would estimate 60 pounds overweight – but it was hard to tell because he always covered his protruding abdomen with a large coat. Since April of 2002, when he suffered a cardiac arrest and nearly died from cardiomyopathy, arrhythmias, and heart failure, he has been conspicuously absent from public view. I call for an inspection of Dr. Atkins’ health – this is not an unreasonable request.

Such a public figure is obliged to make a public appearance – especially since recent reports of his diet proclaim it is heart healthy. Unfortunately, he has become the “Saddam Hussein of the diet world” – keeping potentially deadly secrets – the consequences on his own health of following his own diet – from the public. (See the June 2002 McDougall Newsletter to learn why I believe his own diet contributed to his heart failure.)

So What Works for Losing Weight and Gaining Health?

There is only one way to lose weight, to lower cholesterol, blood sugar, blood pressure, triglycerides, uric acid and to become healthier (looking and feeling healthy too) and that is by means of a low-fat, plant-based diet (and some clean habits and exercise). I would put the results of our diet up against any of the high protein gurus’ recommendations, as well as the recommendations of the Heart Association. Those of you who follow such a program as ours should have no doubt about the results of such a contest. Until such direct testing is done you can rely upon thousands of research papers that show without any argument that high protein diets are hazardous and a low-fat high carbohydrate diet is the road to super health and lifelong

weight loss.

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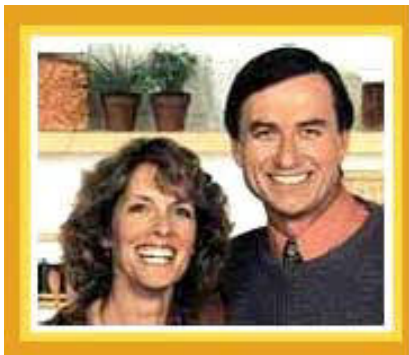
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The McDougall Newsletter

November 2002 Vol. 1 No. 11

Successful Weight Loss Tips

I believe in the perfection of nature's design. Everywhere I look there is an interrelationship among all living things and the surrounding environment that supports harmonious survival and growth. I find it hard to believe that the human being would be any less well taken care of than other animals and plants on this Earth. Then why is it that our hunger drive seems to be mismatched with our needs and the size of our stomach, so that we have to consciously count every morsel of food that passes our lips for fear we will gain weight?

I believe that there must be a set of rules for choosing foods that are correct; so that our hunger drive always causes us to take in the right amount of food, that happens to fit our perfectly-sized stomach and meets our needs – and as long as enough of the right foods are available we remain at a trim, healthy body weight. It only follows that if we become more active, then the hunger drive increases to take in the appropriate amount of food so that we stay at this ideal.

So what is that set of rules for food choices that match our evolutionary design – a blueprint that has taken millions of years to bring us to our present physical 21st century condition?

The Human Diet

I believe the right food choices are the ones that most people who have ever walked this planet have made (not by choice, but by circumstance) and still 60% of the world's population makes today. If you were to look down upon the Earth and have the chance to see the physical condition of various populations of people and could see their food choices, you could figure out the best diet. You would pick populations you found to be the trimmest, most active, and youngest looking. And who would these be?

Certainly not Americans with their diet centered on meat, dairy and refined products.

Likely you would choose an Asian population such as Chinese, Japanese, or Koreans. These diets of these people are centered around starches (rice in this case). You would note similar good health in many of the people living in:

- The Middle East with plates full of chickpeas and rice,

- Many African populations with diets of beans and grains,
- The people in Peru living on potato-based diets,
- Those islanders living in the central highlands of New Guinea, and
- The farmers in central Mexico living on corn tortillas, beans and rice.

Rules for the Healthy Human Diet

A starch-based diet is what the McDougall Program is all about. Here are some simple rules for maximum, permanent, painless weight loss:

- 1) Pick food low in calorie concentration, so you **fill your stomach with fewer calories**.
- 2) Avoid fats of all kinds, because **the fat you eat is the fat you wear**.
- 3) Eat foods high in complex carbohydrate, because **carbohydrate satisfies the hunger drive**.

Starches, vegetables and fruits fit these three criteria – they are calorie dilute, low fat and high carbohydrate.

Meats, dairy products and vegetable oils are the opposite: calorie dense, high fat and low in carbohydrate.

So the right set of food rules to best meet our health and appearance needs is to choose a diet based on plant foods. But there are some refinements that make the diet even more effective:

Refinements for Maximum Weight Loss

Thrive on Unrefined Starch:

Starches are low in calories (calorie dilute), low in fat (the fat you eat is the fat you wear) and high in carbohydrate (which satisfies the hunger drive). But there are sufficient calories in starches to meet your needs for energy and to satisfy hunger.

Some starches, like squash and potatoes, are particularly low in calories and good for rapid weight loss.

Starches like beans, peas, and lentils slow the emptying of the stomach, keeping you full longer, and thereby encouraging weight loss.

Avoid Refined Foods and Flours:

Those interested in the maximum efficiency for weight loss should eat starches in an unprocessed and unrefined condition. This means you minimize your intake of flour products. Flours are more rapidly

absorbed with a greater rise in insulin levels than are the whole grains. The reason for this is when you cut a kernel or grain into a thousand pieces with the steel blade of a grinder; you dramatically increase the surface area for absorption through the intestinal wall.

Insulin's job is to push fat into fat cells (adipose tissue) where it is stored as the “metabolic dollar” for the day when no food is available – but for almost everyone in Western societies that day never comes.

Eat Green and Yellow Vegetables:

Traditional diet foods are very low in calories, so they fill the stomach easily with few calories, but they are also less satisfying for the hunger drive. Eat more low-calorie green and yellow vegetables, like broccoli, cauliflower, peapods, lettuce, and sprouts for rapid weight loss.

I suggest about 1/3 of the meal should be from these low-calorie vegetables. If you are desperate, then you may push that amount to ½ of your plate (measured by the eyeball). However, be careful that you do not eat so many of these low-calorie foods that your meal plan is no longer satisfying, because then you won't want to stick with it for the long run.

Eat More Raw Foods:

Cooking begins the digestion process of foods and breaks complex sugars into simpler (sweeter tasting) sugars. However, sugars are more easily absorbed into the body and raise insulin levels higher than complex carbohydrates.

Avoid All High-Fat Plant Foods:

Nuts, seed, olives, avocados, and soy products (in their more natural forms) are high in fat that you will wear. Vegetable oils, like olive, corn, safflower, and flaxseed oil are 100% fat that will be transferred effortlessly to your chin, buttocks, thighs and abdomen.

Avoid Sugar:

Minimize sugar intake. Sugar raises insulin levels. Especially obvious sources of sugar, such as white and brown sugar, maple syrup, and honey should be avoided. These are also concentrated calories, so you can eat many calories in a small volume of food.

Minimize Fruits:

Keep fruits to one or two a day. Fruit is largely simple sugar and people can easily eat 10 to 20 servings a day without a thought. For maximum weight loss, avoid all fruit juice, which is largely sugar and water. Vegetable juices are only slightly less harmful for an efficient weight loss program.

Dried fruits are even bigger calorie bombs. Because they are now so concentrated you can eat 20 dried apples in the time it would take you to eat 2 whole fresh apples.

Eat Slowly:

Eat many smaller meals (8 to 14 a day), rather than a few large ones (1 to 3 a day). The advantages of frequent small meals are: Less dependency on storage mechanisms, because food is always available to the body, lower insulin levels, and the body is able to receive more timely messages that you have eaten.

Here is a helpful tip. Divide any meal into smaller portions. For example, eat a medium size plate of food for dinner, leave the table for half an hour, and if you are still hungry return for another similarly-sized plate. This break gives the body and mind time to receive the messages from the stomach and intestine that you have eaten. Gorging on a large meal generally means you will take in way more food than you need before you can allow time for the food to register centrally.

Keep Your Meals Simple:

Variety causes you to eat more. So, if you like something, eat it over and over again. You don't have to worry about adequate nutrition with simple meal plans as long as the foods are unrefined and based around a starch with a fruit and/or vegetable.

Lower Salt Intake:

Saltiness is a taste enjoyed by taste buds on the tip of the tongue. Therefore, we are naturally seekers of salt. Many times eating will be driven by stimulating this desire for salt rather than by hunger and in this manner we will take in more food than we need.

It's OK to be Hungry:

Sometimes you will find yourself in a situation where there is no healthy food available – like when you are out shopping, at a party, or dining with friends. You don't have to eat. No harm will be done. You won't starve to death by waiting a few hours until something healthy is available. In this case delaying gratification is the smart thing to do, because you will suffer pangs of guilt and pains in your stomach for as many hours as you would have had to wait from something delicious and “body –friendly” to eat.

Exercise:

Exercise burns calories and causes you to take in a more appropriate amount of food.

Placing physical demands on your body also will send it a message that you need to be trimmer. Your body will adjust so that you will be able to run the mile and climb the mountain.

Exercise before (rather than after) you eat to suppress your appetite even more.

Avoid Alcohol:

Alcohol provides calories. Alcohol does not turn into fat, but the body would rather use alcohol calories for food, and as a result leaves the fat in your fatty tissues. Alcohol lowers inhibitions so you “can’t just eat one.”

How Well Does the McDougall Program Work?

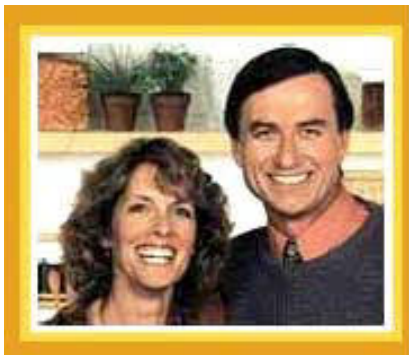
We have collected weight loss data on over 2000 people and find that with unrestricted eating of the basic McDougall Program the average weight loss for overweight women is about 4 pounds and the loss for overweight men is 6 pounds in 11 days. This translates into 8, 10, 12, 16, and 20-pound weight losses each month. These people are never hungry, they eat delicious foods, and they lose weight without thinking about it – no suffering with hunger pains or any complicated formulas and rules to follow. And the weight loss is permanent, because they are doing something natural and normal – eating food they enjoy to the full satisfaction of their normal healthy appetite. This is the way Nature had to have intended life to be for people – it makes no sense for life to be lived otherwise.

You can read more about this subject, with recipe help, in the book *The McDougall Program for Maximum Weight Loss*.


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The McDougall Newsletter

November 2002 Vol. 1 No. 11

The American Heart Association Continues to Harm the Public

Thanks to your help, the editor of the official American Heart Association journal, *Circulation*, published my second letter to the Nutrition Committee in the November 12, 2002 issue of the journal – rather than bury it in the internet on-line correspondence section of the journal as they had originally planned, where no one would see it. Unfortunately, they were not willing to make Barbara Howard PhD, the spokesperson for the American Heart Association Science Advisory Committee, answer my questions and tell the truth. See the August 2002 Newsletter for a complete chronicle of letters and events leading up to this one.

After reading the letter that follows that I wrote, you should come to the conclusion that I left her no way out. So I thought. But by using a writing style that I described to the editor as overabundant verbiage diluting the issue for the casual reader to a level of "politically correct confusion," she was able to avoid answering my specific question -- and as a result, correcting a wrong that has the potential to harm millions of people. Egos can be powerful and dangerous human flaws.

My Letter:

Here is my letter that appeared in the November 12, 2002 issue of the journal and a summary of her response:

Misinformation on Plant Proteins

(Printed in the November 12, 2002 issue of *Circulation* – Volume 106, page e148.)

To the Nutrition Committee of the Council on Nutrition, Physical Activity, and Metabolism of the American Heart Association

Dear Sirs:

The June 25, 2002 issue of the journal *Circulation* (105:197) printed a letter of mine in which I corrected a statement made by the Nutrition Committee of the Council on Nutrition, Physical Activity, and Metabolism of the American Heart Association (*Circulation* 104:1869-74, 2001). This report states, "Although plant proteins form a large part of the human diet, most are deficient in 1 or more essential amino acids and are

therefore regarded as incomplete proteins.” This statement is not correct, as I have clearly shown in my letter.

Accompanying my letter was a response from Barbara Howard, PhD, who I assume represents the Nutrition Committee. Her letter was confusing and undocumented by a single scientific citation. However, rather than admit the Committee’s report was in error, she reaffirmed their previous position by writing “...we did carefully state that ‘most’ are deficient in one or more essential amino acids...”

Failure to resolve the truth about the adequacy of plant proteins threatens the health of millions of people seeking better guidance for proper nutrition; therefore, my efforts will not be dismissed with a careless response from the Nutrition Committee of the American Heart Association. Please grant me the courtesy of a professional and honest answer by either:

1) Showing me that I am incorrect by citing scientific research that contradicts my position and the studies I have provided. These scientific papers accompanying my letter represent the original experiments performed to determine human protein needs. I will not accept someone else’s professional opinion on this issue – because, as you know, even the “best experts” can be wrong. Show me the basic research -- as I have done for you.

2) Admitting the article by the Nutrition Committee of the Council on Nutrition, Physical Activity, and Metabolism of the American Heart Association contains incorrect information concerning the adequacy of plant proteins (*Circulation* 104:1869-74, 2001). And giving this matter the serious, open attention it deserves.

Nutrition Committee Response:

I do not have permission to print her response but here is a summary:

1) The AHA is not opposed to vegetarian diets

2) More research needs to be done (so how can she make her claims?)

3) She cites three recent research papers that she must have failed to read, because they all support my position that single sources of plant proteins are complete proteins:

Young VR. Plant proteins in relation to human protein and amino acid nutrition. *Am J Clin Nutr.* 1994 May;59(5 Suppl):1203S-1212S.

Millward DJ. Human adult amino acid requirements: [1-13C]leucine balance evaluation of the efficiency of utilization and apparent requirements for wheat protein and lysine compared with those for milk protein in healthy adults. *Am J Clin Nutr.* 2000 Jul;72(1):112-21.

Free access at: <http://www.ajcn.org/cgi/content/full/72/1/112#SEC4>

Millward DJ. The nutritional value of plant-based diets in relation to human amino acid and protein requirements. *Proc Nutr Soc.* 1999 May;58(2):249-60.

The concluding sentences of Millward’s paper state, “However, whatever the inadequacies of such diets (vegetarian diets), amino acid supply should not be used as the argument to promote increased intake of

animal foods. Calls for lysine fortification and increased animal production to specifically supply more animal protein are certainly unjustified.”

4) She failed to cite any research that shows a single source of plant proteins fail to supply all of our essential amino acids. How much more plain can I ask her in the above letter? Tell me I'm wrong or admit that you are.

5) She writes in her letter that animal proteins are necessary to obtain calcium, zinc and omega-3 fatty acids. This statement is completely false. Any dietitian stating otherwise should be stripped of his/her license.

6) She states "...it is possible to achieve adequate nutrition on a vegetarian diet, but it requires careful planning to include plant sources that provide adequate amounts of all amino acids and the above listed micronutrients..." This statement reaffirms her original position that because plant sources are inadequate, you had better be careful if you want to be vegetarian – because you can only safely meet your nutritional needs if you are an expert in dietetics.

So What's Next?

Barbara Howard obviously lacks the integrity to correct her mistake. She leaves me little choice but to pursue these matters by other means. I have already informed the editor of the journal *Circulation*, James T. Willerson, MD, in a letter that, "Barbara Howard's handling of this matter should call into question her competence to head the AHA Nutrition Committee." She should be fired.

I have consulted with an attorney and I am pursuing any legal avenues that might be open to me in order to bring the truth to the public. The American Heart Association has a moral, if not a legal, obligation to properly represent the health interests of the American public – and in this matter of human nutrition they have failed us.


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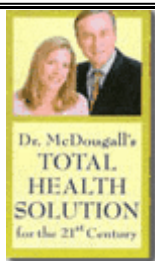
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EXPLORE GUATEMALA 2002

Celebrate Easter week in Antigua and explore the Mayan ruins of Tikal, March 28 to April 5, 2002.

ALASKA TRIP 2002

Join us on June 14, 2002 for an 8-day whale-watching trip to Alaska on a small ship.

See Photos of Past Adventures to Amazon, Costa Rica, and Peru

January, 2002 Vol. 1 No.1

Dear Subscribers,

Thanks for subscribing to our new newsletter. This is the first issue of the e-newsletter. I hope you will find it a valuable resource. Please feel free to print this newsletter and share it. Also, invite your friends to subscribe if they might be interested.

Dr. John McDougall, MD

Halitosis Is More Than Bad Breath

This article begins a series exploring the health of your intestinal tract. Consider the strongest contact with the world around you is through your food, processed and absorbed by your intestine.

Halitosis, also known as oral malodor and bad breath, is a common and distressing condition in which objectionable odors are present in mouth air. Between 50% and 60% of the people in Western countries suffer from this chronic condition.

[Click Here For Entire Article](#)

Vegetarians Live Longer

In a study titled **Ten Years of Life. Is it a Matter of Choice?** By Gray Fraser in the July 9, 2001 issue of the Archives of Internal Medicine found that Seventh Day Adventists, who overall have healthier habits, have a longer life expectancy at the age of 30 years than does the average American.

[Click Here For Entire Article](#)

Immediate Harm From One Fatty Meal

A study titled **Post-prandial remnant lipids impair arterial compliance** by Paul J. Nestel in the February 2001 issue *Journal of the American College of Cardiology* found a 27% decrease in the arterial compliance after a single meal consisting of 67% of the calories as fat.¹

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Featured Recipes

- White Beans Mexicali
- Spicy Vegetable Bean Dip
- Vegetable Salad

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The McDougall Newsletter

November 2002 Vol. 1 No. 11

Recipes

LOUISIANA RED BEANS & RICE

Beans are a favorite dish in our home. Last month Mary was in Michigan and she spent some time cooking with her sister, Carol. One of the results was this delicious bean recipe that was a favorite with all family members. This can be made as spicy as you like it by adding more hot pepper sauce either while cooking or at the table.

Preparation Time: 20 minutes

Cooking Time: 50 minutes

Servings: 6-8

- 1 ½ cups vegetable broth
- 1 onion, chopped
- 2 stalks celery, chopped
- 1 carrot, chopped
- 1 green bell pepper, chopped
- 2 cloves garlic, minced
- 2 bay leaves
- 1 ½ to 2 teaspoons dried thyme
- 1 teaspoon hot pepper sauce
- 4 15 ounce cans red beans, drained & rinsed
- 1 15 ounce can chopped tomatoes
- ½ package Gimme Lean sausage
- Hot, cooked, long grain brown rice

Place ½ cup of the broth in a large pot. Add onions, celery, carrots, bell pepper, garlic, bay leaves, thyme, and hot pepper sauce. Cook, stirring occasionally, for 10 minutes. Add beans, tomatoes, and the remaining vegetable broth. Bring to a boil, reduce heat, cover and cook for 30 minutes, stirring occasionally, adding more broth if necessary. Meanwhile, shape the Gimme Lean sausage into small patties and

cook on a non-stick griddle until browned on both sides. Remove from heat and chop into pieces. Add to bean mixture and simmer for another 10 minutes. Remove bay leaves and serve over rice. Pass some bottled hot sauce to sprinkle over the beans, if desired.

Hint: This dish reheats well and freezes well. Make it early and heat just before serving.

ROASTED MASHED POTATOES

This is just in time for the holiday season. These potatoes are so flavorful they don't even need gravy!

Preparation Time: 15 minutes

Cooking Time: 30-45 minutes

Servings: 6-8

8 cups chunked red potatoes (do not peel)

½ to 1 cup vegetable broth

2 teaspoons crushed fresh rosemary

dash salt

several twists freshly ground black pepper

½ cup hot water

¼ cup chopped green onion

¼ cup soy or rice parmesan cheese

½ teaspoon minced garlic

1 cup tofu sour cream

Preheat oven to 425 degrees.

Place the potatoes in a non-stick baking pan, toss with ¼ cup of the broth, the rosemary, salt, and pepper. Bake for 15 minutes, add another ¼ cup of broth, toss well and bake for another 15 minutes. Check occasionally to make sure they don't dry out. Add extra broth if necessary. Test potatoes for doneness by piercing with a fork. If they do not seem soft, add another ¼ cup of broth, toss again and continue to bake. Potatoes are usually done in 30 to 45 minutes.

Meanwhile, combine remaining ingredients in a large bowl. Add cooked potatoes and mash with an electric beater or hand potato masher, adding more hot water if necessary to reach desired consistency.

Hint: The recipe for tofu sour cream is in the August 2002 newsletter. Dried

rosemary may also be used, although you will only need about ½ the amount.

PASTA SUPREME

Many people associate pasta with red sauce, but there are many creative sauces that are made with ingredients other than tomatoes. This is another recipe that is a favorite with all of our family. The sauce is served at room temperature and poured over the hot pasta. This dish is also wonderful as a cold pasta salad for lunch the next day.

Preparation Time: 30 minutes

Cooking Time: 10-12 minutes

Servings: 8

2 cups vegetable broth
2 cups walnut pieces
4 tablespoons chopped fresh parsley
4 tablespoons chopped fresh cilantro
2 ½ teaspoons fresh lemon juice
1 ½ teaspoons minced fresh garlic
¼ teaspoon salt (optional)
several twists freshly ground black pepper
dash or two of cayenne pepper (optional)
1 pound package uncooked pasta
3 cups broccoli pieces
2 cups mixed bell pepper strips
1 ½ cups chopped seitan (optional)

Place broth, walnuts, parsley, cilantro, lemon juice, garlic, salt, and pepper into a blender jar. Process until smooth. Set aside.

Bring a large pot of water to a boil. Add pasta and cook for about 6 minutes. Add broccoli and bell peppers and cook until vegetables and pasta are tender, another 4-6 minutes. Remove from heat. Add seitan, let rest for 1 minute. Drain and place in a large bowl. Pour sauce over and toss well to mix.

Hint: This recipe may easily be varied by changing the vegetables and pasta used. I usually use a spiral vegetable pasta in this recipe.

PUMPKIN MUFFINS

Here's another recipe just in time for the holidays. I bake these in the red

SiliconeZone muffin holders, medium size. I let the muffins cool for about 10 minutes, then just pop them out of the muffin cups. No sticking ever!

Preparation Time: 20 minutes

Baking Time: 30 minutes

Servings: 12 muffins

Dry Ingredients:

1 cup whole wheat pastry flour

$\frac{3}{4}$ cup unbleached white flour

$\frac{1}{2}$ cup brown sugar

$\frac{1}{8}$ teaspoon salt

1 teaspoon baking soda

$\frac{1}{2}$ teaspoon baking powder

1 $\frac{1}{2}$ teaspoons cinnamon

1 teaspoon nutmeg

$\frac{1}{2}$ cup chopped walnuts

$\frac{1}{4}$ cup raisins

Wet Ingredients:

1 cup canned pumpkin puree

$\frac{1}{2}$ cup Wonderslim fat substitute

$\frac{1}{4}$ cup molasses

$\frac{1}{4}$ cup soy milk

2 teaspoons Ener-G egg replacer mixed in

4 tablespoons cold water

Preheat oven to 375 degrees.

Combine all dry ingredients in a large bowl and set aside. Combine all wet ingredients in a medium bowl and mix well until smooth. Pour wet ingredients over dry ingredients and mix well (do not over-mix). Spoon batter into muffin cups. It will fill 12 medium muffin cups. Bake for 30 minutes.

Hints: Use a whisk when mixing the egg replacer with the water and beat until frothy. Then add to the other wet ingredients. Ener-G egg replacer is a flour product, available in natural food stores. It is used for leavening and binding. It does not make anything resembling scrambled eggs. We do not recommend products like Egg Beaters. They are mostly made from egg whites (animal protein) and additives.

This may also be made in a square or round baking pan. It may take a bit longer in the oven. Test for doneness by inserting a toothpick into the center. If it comes out clean, it is done. If you don't have the red SiliconeZone baking pans, these may be made in any non-stick muffin tins or baking pans. Allow to cool before removing from pans.



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