



Volume 4 Issue 3

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Eggs Are For Easter

Eggs are the richest unprocessed food commonly consumed. Rational thinking people might partake of this delicacy on a special occasion, such as after the annual



Easter egg hunt. Reasonable behavior is undermined by the efforts of the American Egg Board whose mission is to make every day Easter for everybody, and the Board has a \$14 million annual budget to accomplish this job. According to their web site

(www.enc-online.org): “The American Egg Board’s mission is to allow egg producers to fund and carry out proactive programs to increase markets for eggs, egg products and spent fowl products through promotion, research and education. As the egg industry’s promotion arm, the American Egg Board’s foremost challenge is to convince the American public that the egg is still one of nature’s most nearly perfect foods.” Their efforts are working: U.S egg production during 2003 was 73.93 billion table eggs – this means, on average, 235 eggs a year for every single man, woman and child in the country.

Eggs Provide Ideal Nutrition (for Pre-hatched Chicks)

The purpose of a hen’s egg is to provide all the materials necessary to develop the one cell – created by the joining of a cock’s sperm with a hen’s ovum – into a complete chick with feathers, beak, legs, and tail. This miraculous growth and development is supported by a 1½ ounce package of ingredients – the hen’s egg – jam-packed with proteins, fats, cholesterol, vitamins and minerals. As a result, the hen’s egg has been called “one of nature’s most nutritious creations.” Indeed, an egg is the richest of all foods, and far too much of “good thing” for people. The components of a cooked egg, even a hard-boiled egg, are absorbed through our intestines. As a result, this highly-concentrated food provides too much cholesterol, fat and protein for our body to process safely. The penalties are *diseases of overnutrition* – heart disease, obesity, and

type-2 diabetes to name only a few consequences from malnutrition due to the Western diet.

Eggs as “Ideal Protein”

Eggs are promoted as the ideal source of protein for people – often referred to as a “perfect protein.”



often referred to as a “perfect protein.” Eggs are high in protein, but the kinds of proteins in hen’s eggs are not ideal for people. When volunteer subjects were fed different foods to determine the ability of humans to utilize various protein mixtures, investigators found that our bodies can utilize the proteins in a mixture of eggs and potatoes 36 percent more efficiently than those from eggs alone.¹ If the protein make-up of eggs were ideal, then you couldn’t improve upon it by adding potatoes, could you? Vegetable sources provide for all the protein needs of people – much safer and more ideal than from hen’s eggs. (See the December 2003 McDougall Newsletter for more on protein.)

Too Much of a “Good Thing” – Protein (The Problem with Egg Whites)

A whole egg is 32% protein and the white of an egg is essentially 100% protein. Infants, growing children, and adults need, at most, 5% of their calories from protein. Therefore,

eggs and egg products are 6 to 20 times more concentrated in protein than we need. Excess protein places burdens on our body, and especially on organs of metabolism, the liver and kidneys. Animal proteins, and particularly those from egg whites, are high in the troublesome, sulfur-containing amino acids, such as methionine.

Sulfer-containing Methionine	
Food	mg/100 Calories
Pinto Beans	98
Potato	35
Rice	52
Egg whites	700
Whole eggs	251
Beef	250
Chicken	317
Salmon	318

Here are six examples of how excess sulfur-containing amino acids in your diet can adversely affect your health:

- 1) Amino acids, as the name implies, are acids; the sulfur-containing amino acids are the strongest acids of all, because they break down into powerful *sulfuric acid*. Excess dietary acid is the primary cause of bone loss leading to osteoporosis and kidney stone formation.²
- 2) The sulfur-containing amino acid methionine is metabolized into *homocysteine*. This substance is a risk factor associated with heart attacks, strokes, peripheral vascular disease, venous thrombosis, dementia, Alzheimer’s disease, and depression.³
- 3) Sulfur feeds cancerous tumors. Cancer cell metabolism is dependent upon methionine being present in the diet;

whereas normal cells can grow on a methionine-free diet (feeding off other sulfur-containing amino acids).⁴⁻⁸

4) Sulfur from sulfur-containing amino acids is known to be toxic to the tissues of the intestine, and to have deleterious effects on the human colon, even at low levels – possibly causing ulcerative colitis.⁹⁻¹¹

5) Restriction of methionine in the diet has been shown to prolong the life of experimental animals.¹²⁻¹³

6) Halitosis, body odor, and noxious flatus – akin to the smell of rotten eggs – are direct results of the sulfur-containing amino acids we eat.¹⁴⁻¹⁵ The foul odors of sulfur gases should be a clear message that something is terribly wrong and deserves our immediate attention.

“Eggs Not Harmful to Health” – Says the Egg Industry

A significant amount of the \$14 million collected each year by the American Egg Board is allocated for research projects examining the effects of dietary cholesterol on serum cholesterol levels in order to prove that eating eggs will not raise your risk of dying of heart disease. This is quite an endeavor when you consider eggs are the most concentrated source of cholesterol in the human diet – 8 times more cholesterol than beef. Traditionally, in scientific studies on humans, eggs have been used as the source to demonstrate the adverse effects of cholesterol on our health and our heart arteries.

Food	mg/100 Calories
All Plant Foods	0
Whole Eggs	272
Beef	33
Chicken	37
Salmon	41
Lobster	73

Dozens of papers published in scientific journals and funded by “The Egg Nutrition Center” and/or the “American Egg Board” downplay the hazards of eating eggs. So how do they demonstrate that eating loads of these cholesterol-filled delicacies has little effect on blood cholesterol? The trick is to saturate the subjects with cholesterol from other sources, like beef, chicken and/or fish and then add eggs to the person’s diet. Once a person has consumed 400 to 800 mg of cholesterol in a day, adding more (like with an egg) causes little rise because the bowel cannot absorb much more cholesterol.^{16,17} Poor-quality studies, often funded by the egg industry, add to the false information they use to vindicate their products.¹⁸

The actual impact of egg-feeding is seen when people who eat little cholesterol are fed eggs. When 17 lactovegetarian college students (consuming 97 mg of cholesterol daily) were fed one extra-large egg daily for three weeks their “bad” LDL-cholesterol increased by 12%.¹⁹

Too Much of a “Bad Thing” – Cholesterol (The Problem with Egg Yolks)

The real life effects of eggs were recently investigated in a large population of nearly 6,000 vegetarians and 5,000 non-vegetarians over a period of 13 years. Within this group of nearly 11,000 people, those eating eggs more than 6 times a week had a 2.47 times greater risk of dying of heart disease than those eating less than one egg a week.²⁰ A fifty-year study of nearly 2000 middle-aged men, the Western Electric Study, found a dietary reduction in cholesterol intake of 430 mg/dL (same as 2 eggs) was associated with a 43% reduction in long-term risk of coronary heart disease, a 25% reduction of risk of death from all causes, and 3 years longer life expectancy.¹⁸ In addition to heart disease, a higher cholesterol intake is also associated with more risk for strokes, blood clots, high blood pressure,

and cancers of the breast, prostate, colon, lung, and brain. Cholesterol is the most damaging to our arteries when it is present in an oxidized form (as free radicals). Eggs and egg-derived products are the main source of oxidized cholesterol in our diet.²¹

Untainted research from high-quality studies shows that adding one egg to the daily diet of the average “healthy” person, already eating 200 mg of cholesterol from other sources, will increase their serum cholesterol by about 4%, which translates into a 8% increase in their risk of heart disease.²² Two eggs daily will mean a 6% increase in cholesterol (12 mg/dL) and 12% more heart disease over the next 5 to 10 years.¹⁸ For young adult men, indulgence in two of these “Easter bunny treats” daily means 30% more coronary heart disease over their lifetime.¹⁸

Jeremiah Stamler, MD, the Chairman of the Department of Preventive Medicine of the Feinberg School of Medicine (Northwestern University), wrote in 1999 in the *American Journal of Clinical Nutrition*, “It is a reasonable inference that the sizable decline in per capita egg consumption in the United States in recent decades, and hence in per capita total cholesterol intake, has been one important component of the improved dietary patterns leading to a fall in mean serum cholesterol concentration in the adult population from ~ 6.08 mmol/L (235 mg/dL) in the 1950s to ~ 5.30 mmol/L (205 mg/dL) in the 1990s, and to the concomitant sustained marked reductions in mortality rates from CHD, all cardiovascular diseases, and all causes.”¹⁸ Between 1970 and 1995 annual consumption decreased from 310 to 235 eggs per person.



And Too Much of Some Other “Bad Things”

Eggs are filled with too much protein, cholesterol, calories, fat, bacteria, and environmental chemical contamination to be consumed with any frequency, with any expectation of health. Egg protein is a common source of allergy in infants, children and adults, producing problems from hives to asthma. Eggs are high in fat which promotes obesity and type-2 diabetes. Fats and cholesterol in eggs promote the formation of cholesterol gallstones and gallbladder attacks. Egg-borne infections caused by the salmonella bacteria can give rise to cramps, diarrhea, nausea, vomiting, chills, fever and/or headache – food poisoning called salmonellosis.²³⁻²⁴ Eggs are a main contributor to human exposure to dioxin and other environmental chemicals that are known to cause birth defects, neurologic damage, and cancer.²⁵ Many nutritional qualities of eggs are similar to the nutritional qualities of cow’s milk, cheese, chicken, beef, and fish – foods known to cause major health problems when consumed in typical amounts of people

living in western societies.

The Egg Industry Is Out of Control

Twenty-five years ago, based on the concerns of the American Heart Association, the Federal Trade Commission carried out legal action – upheld by the US Supreme Court – to compel the egg industry to desist from false and misleading advertising claiming that eggs had no harmful effects on health.¹⁸ These days, with a \$12 million annual budget for product promotion, matters are even worse than before with the egg industry now making unrestrained claims like:^{26,27}

“...there's no need to avoid eggs on a heart-health diet.”

“Even cholesterol-lowering diets allow moderate amounts of whole eggs.”

“An Egg a Day May Keep Heart Disease Away”

“...eat your eggs, they’re good for you.”

Unfortunately, we live in a “lawless wild west” when it comes to consumer protection from the big food businesses. Therefore, only you can defend yourself and your family from such profit-driven bogus claims and the harms that come to those who fail to understand this lesson: Eggs are a delicacy, prudently reserved for Easter.

Purpose	Replacement
Binding of flours in baking	Egg Replacer by Ener-G Foods
Breakfast	Cook tofu scramble* (or better yet, have oatmeal)
Eggless Egg Salad	Make from tofu*
Baking	Use 1/4 cup flaxseed meal with 3/4 cup water (boil for 3 minutes)
<p>Do not use egg-substitutes, like EggBeaters®, Second Nature®, and All Whites®; they are essentially egg whites with the health problems of high-sulfur protein discussed above. Egg whites also contain no essential dietary fiber, carbohydrate, fat or vitamin C. Many health-conscious people fall for this trap.</p> <p>*see this month's newsletter for recipes</p>	

Composition of Eggs
Whole Chicken Egg
50 grams (1 2/3 ounce)
60 to 70% fat
30 to 40% protein
2% carbohydrate
0 grams of dietary fiber
212 mg cholesterol
Egg White
33 grams (1 ounce)
0% fat
100% protein
0% carbohydrate
0 grams of dietary fiber
0 mg cholesterol
Egg Yolk
17 grams (half an ounce)
70 to 80% fat
20 to 30% protein
1% carbohydrate
0 grams of dietary fiber
212 mg cholesterol
<p>The composition of eggs is influenced by the food of the fowl. However, the eggs of various fowl are essentially composed of very similar materials. Carotenoid pigments derived from plant foods make the yolk yellow.</p>

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women. *JAMA*. 1999 Apr 21;281(15):1387-94.

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27) <http://www.aeb.org/eggstravaganza/A-Dozen-Reasons-to-Eat-Eggs.pdf>

Favorite Five

My Favorite Five Articles Found in Recent Medical Journals

Dairy Fails Children's Bones

Calcium, dairy products, and bone health in children and young adults: a reevaluation of the evidence by Amy Joy Lanou published in the March 2005 issue of the medical journal *Pediatrics* found, "Neither increased consumption of dairy products, specifically, nor total dietary calcium consumption has shown even a modestly consistent benefit for child or young adult bone health." A Medline search for articles on the effects of dairy products on children's bone health revealed 58 studies that caused the authors to conclude, "Scant evidence supports nutrition guidelines focused specifically on increasing milk or other dairy product intake for promoting child and adolescent bone mineralization."

COMMENTS: The dairy industry spends at least \$166 million a year on "scientific" research and related efforts to convince you, your children's teachers, and your doctors that "milk builds strong bones." Even with all that money their efforts fail when unbiased scientists closely look at the literature, as did Dr. Lanou. Look around the world and notice that other children (and adults) grow normal skeletons without cow's milk. If cow's milk meant better bone health, then you would not find non-milk-drinking people from Asia, Africa, and people from the Middle East having stronger bones and less osteoporosis. The daily calcium intake of these mostly vegetarian people is 300 to 500 mg – far less than the propaganda from the dairy industry telling us to consume 1500 to 2000 mg daily. (See my April 2003 newsletter article "Dairy Products – 10 False Promises.")

The human intestine is capable of absorbing all the calcium necessary for bone growth and maintenance from starches, vegetables and fruits – and it never fails to do this in natural living conditions. I can say this for sure because "dietary calcium deficiency" does not exist. In other words, no one has ever developed a disease due to too little calcium in the food supply – ever!

You say, "But osteoporosis is due to a low-calcium diet." No reputable scientist would make that claim. Osteoporosis is due to long-term bone disease caused by the American diet. The acid and protein from the meat and dairy products damage the bone tissues, thus causing calcium and other bone materials to be lost through the kidneys. Deficiencies of vitamins, minerals, and other plant-food-derived nutrients further contribute to the deterioration of the bones. This is why the heaviest consumers of milk and meat in the world – Americans and Europeans – have the weakest, sickest bones. Weak bones are not the only consequence of profit-motivated dishonesty. The dairy industry's lies lead to disabling and painful childhood diseases, like type-1 diabetes, juvenile rheumatoid arthritis, obesity, type-2 diabetes, and constipation – to name a few of the well-researched health hazards. (See my May 2003 newsletter article "Marketing Milk and Disease.")

Unfortunately, this one ray of truth shed by Dr. Lanou will be lost in the hundreds of millions of dollars of "spin" set forth by the dairy industry through advertisements and school marketing campaigns. Begin correcting this source of malnutrition at home by getting milk and cheese out of your family's diet. Of all the "four basic food groups," the dairy products are the most harmful – and eliminating them would do more for the health of children worldwide than even ridding their diets of the meat products and sugar-laden soft drinks (which must go next).

Lanou AJ, Berkow SE, Barnard ND. Calcium, dairy products, and bone health in children and young adults: a reevalu-

ation of the evidence. *Pediatrics*. 2005 Mar;115(3):736-43.

Fish Can Cause You Heart Disease

Mercury, fish oils, and risk of acute coronary events and cardiovascular disease, coronary heart disease, and all-cause mortality in men in eastern Finland by Jyrki Virtanen in the January 2005 issue of *Atherosclerosis, Thrombosis and Vascular Biology* found, "High content of mercury in hair may be a risk factor for acute coronary events and CVD (vascular disease), CHD (heart disease), and all-cause mortality in middle-aged eastern Finnish men. Mercury may also attenuate the protective effects of fish on cardiovascular health." More specifically, the high mercury content negated the so-called, protective effects of the "good" fish fats (like DHA, DPA, and EPA) on the blood vessels and heart. The toxic metal mercury comes to us mainly from eating fish.

Comment: Fish is promoted as health food, a preventative for heart disease, and the only "safe meat" to eat. Here is a case of a little bit of truth being blown way out of proportion. Fish fats (omega-3 fats) will thin the blood and make the formation of a potentially fatal blood clot in your heart artery less likely. (Remember, the sudden formation of a blood clot – thrombus – in one of your heart arteries is the cause of a heart attack – coronary artery thrombosis).

The problem is, mercury causes the blood to clot. Furthermore, the mercury is a powerful oxidant, producing free radicals, which damage your arteries. Fish muscle is inherently high in cholesterol, so eating it causes your blood cholesterol to rise. In this study by Jyrki Virtanen, those people with the higher amounts of mercury in their hair (indicating more consumption of fish) also had higher total cholesterol and LDL "bad" cholesterol levels, and higher rates of hypertension and diabetes.

This is the second major study to show this important health hazard of fish-eating. An earlier study, published in the *New England Journal of Medicine* in 2002, found that higher levels of mercury in toenail clippings predicted a greater chance of future heart attacks.² (Nails and hair accumulate mercury and provide evidence of long-term accumulation in the body.)

Environmental mercury is a major pollutant from industry. The toxic form, methylmercury, is accumulated and concentrated in the food chain. Because fish are near the top of the food chain they have very high concentrations of this poison. At very top of the food chain are fish-eating people (and, even higher up, their breast-feeding infants). Almost all of the mercury consumed is efficiently absorbed by our intestinal tract. Since our bodies have no way of excreting this toxin, mercury continues to accumulate throughout life, exerting its detrimental effects.

The final statements of the authors are worth noticing, "In conclusion, this prospective population-based study shows that high mercury content in hair is associated with increased risk of acute coronary events and CVD, CHD, and all-cause mortality, and that the beneficial effects of fish oils on the risk are negated by high mercury content in hair. Does this mean that contrary to the current recommendations for a healthy diet, we should not eat fish? No, but we should vary the type of fish we eat (plankton-eating, fatty fish is usually low in mercury, although it may contain other lipid-soluble environmental pollutants) and avoid regular intake of large fish from lakes with known high mercury content."

This is another case of scientists' personal eating habits getting in the way of their judgment and honest recommendations for the public. The truth is: eating fish will give you a heart attack, not prevent one – and they should have the integrity to say so. And to tell the public that the least amount of environmental mercury is found in foods low on the food chain – a diet of starches, vegetables and fruits. This same diet is also proven to prevent heart attacks and reverse the underlying mechanisms causing heart attacks – atherosclerosis and thrombosis.

You can read more about these subjects in my newsletter archive articles found at www.drmcDougall.com. See August 2004: A Cesspool of Pollutants – Now Is the Time to Clean-up Your Body; and February 2003 – Fish Is Not Health Food.

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Meat Can Cause You Colon Cancer

Meat consumption and risk of colorectal cancer by Ann Chao in the January 12, 2005 issue of the *Journal of the American Medical Association* found a high intake of red and processed meat was associated with higher risk of colon cancer. This study included 148,610 adults, residing in 21 states in the USA. These people provided information on their meat consumption in 1982, and again in 1992/1993. Those eating more red meat had more cancer in the last part of their colon.

Comment: In 1950, Ernst Wynder, the founder of the American Health Foundation (a research institute) and the journal *Preventive Medicine* wrote an article in the *Journal of American Medicine* which clearly linked smoking to lung cancer – the American Medical Association called this "landmark research." In 1968, Dr. Wynder told me about his experiences with "man-made" cancers, during one of our private conversations: "I went to my colleagues in the 1950s and explained to them that smoking cigarettes causes lung cancer. Their response was, 'How could that be?' I said, 'You suck toxic smoke into your lungs and you get cancer' and they were amazed. Then in the 1960s I told my colleagues that eating meat causes colon cancer and their response was, 'How could that be?' I said, 'You put toxic foods – like red meat – in your colon, and you get cancer.' They were dumbfounded."

Diseases of the intestine have been blamed on everything from emotions to viruses, but the most obvious – what you put into your bowels through your mouth – has too often been overlooked. Colon cancer is due to years of exposing the cells of the large intestine to partially digested remnants of the Western diet, and especially red meat. Colon cancer is a very unpleasant way to die – those interested in staying out of the hospital and being healthy will fill their intestines with unrefined plants foods.

Chao A, Thun MJ, Connell CJ, McCullough ML, Jacobs EJ, Flanders WD, Rodriguez C, Sinha R, Calle EE. Meat consumption and risk of colorectal cancer. *JAMA*. 2005 Jan 12;293(2):172-82.

Fast Food Makes People Fat and Diabetic – Duh!

Fast-food habits, weight gain, and insulin resistance (the CARDIA study): 15-year prospective analysis by Mark Pereira in the January 1, 2005 issue of the *Lancet* found, "Fast-food consumption has strong positive associations with weight gain and insulin resistance, suggesting that fast food increases the risk of obesity and type 2 diabetes." For 15 years, 5115 people were studied. Those eating fast food frequently weighed 4.5 Kg (10 pounds) more, and had twice the incidence of insulin resistance – a forerunner to type-2 diabetes – than those rarely partaking in these instant indulgences.

Comment: People are getting fatter and sicker and the fast food industry is making their downhill journey to suffering, illness, and earlier death quicker and easier. Over 65% of adults and 25% of children are now overweight in the USA. The fast food system for feeding the masses started in the 1950s and has become a way of life for many people living in developed countries. Exaggerated portion size and unhealthful ingredients characterize this fare. For more information on diabetes see my February 2004 newsletter article: Type-2 Diabetes – the Expected Adaptation to Overnutrition.

The findings of this article were recently broadcast entertainingly in the movie, *Super Size Me*. The star of this documentary, Morgan Spurlock, ate McDonald's meals for every meal for a month, and not surprisingly, gained 12 Kg (24.5 pounds) and became ill with headaches, depression, exhaustion, and loss of sexual function. No one should be surprised by the findings of this study or Spurlock's blockbuster movie. So why do people continue to act contrary and destructively? Grease and salt don't taste good enough to die for.

Pereira MA, Kartashov AI, Ebbeling CB, Van Horn L, Slattery ML, Jacobs DR Jr, Ludwig DS. Fast-food habits, weight gain, and insulin resistance (the CARDIA study): 15-year prospective analysis. *Lancet*. 2005 Jan 1;365(9453):36-42.

Don't Exercise – Until after You Have Changed Your Diet

Effects of exercise training and deconditioning on platelet aggregation induced by alternating shear stress in men by Jong-Shyan Wang in the January 2005 issue of *Atherosclerosis, Thrombosis and Vascular Biology* found reasons why the risk of a cardiac arrest increases during vigorous exercise in people who begin in poor physical condition. This risk may be due to an increased tendency for the blood to clot (increased platelet aggregation and de-

creased fibrinolysis) caused by physical trauma to the blood elements from intense exercise. Fortunately, regular exercise, and the improved physical condition that follows, decreases the tendency for blood clot formation and reduces the risk of a heart attack.

Comment: Nathan Pritikin, one of the pioneers in low-fat diet and heart disease, used to warn people not to start exercising until after they had changed their diet. Results of this study shed more scientific light on why people need to adhere to this advice. For more than 50 years scientific research has demonstrated that a healthy, low-fat diet will dramatically reduce the tendency for the platelets to aggregate and the blood to clot. Thus, the risk of precipitating a heart attack is reduced or eliminated when diet and exercise are introduced in proper order. Start your exercise program slowly. A good guide to the intensity of activity would be for you to be able to converse (talk) comfortably with a friend while exercising (not be out of breath).

Wang JS, Li YS, Chen JC, Chen YW. Effects of exercise training and deconditioning on platelet aggregation induced by alternating shear stress in men.

Arterioscler Thromb Vasc Biol. 2005 Feb;25(2):454-60.

MARY IN YOUR KITCHEN

By Mary McDougall

Here are some of my old favorite recipes, which I am excited to share with you. You will need to go to our newsletter archives at www.drmcDougall.com and occasionally to one of our books to find these recipes. You can order books you don't now own from our web site www.drmcDougall.com. I plan to provide similar helpful articles for you over the next few months.

Many of the dishes I have included this month can be prepared ahead of time and refrigerated until you need them for your meals. Most McDougall meals reheat easily; in fact, some of them taste even better because the flavors of the food have had time to meld. Many of these meal suggestions will also work in different ways, such as rolled up in a tortilla, stuffed into pita bread, or served in a whole wheat bun with some lettuce, tomatoes, onions & cucumbers or grated carrots to add some fresh, crunchy vegetables to your meal.

EASY & FAST MEALS

10 Minute Chili-Quick & Easy pg. 115

Middle Eastern Garbanzos-NL August 2002 (Serve in pita bread)

Deviled Spread-Quick & Easy pg. 246 (Serve in sandwiches or rolled up in a tortilla)

EASY & FAST SOUPS

Creamy Pumpkin Soup-Quick & Easy pg. 59

Mexi Soup-Quick & Easy pg. 75

Creamy Corn Soup-NL June 2002

SIMPLE MEALS

Potato Burritos-New McDougall Cookbook pg. 243

Chunky Chili-NL December 2003

Baja Vegetable Wraps-NL June 2004

Pasta Sauce Puttanesca-NL February 2004 (Serve over pasta)

Beans Florentine-Quick & Easy pg. 123

Spicy Rice & Beans-New McDougall Cookbook pg. 274

Quick Goulash-Healthy Heart pg. 340

SALADS

Dijon Spinach Salad-Quick & Easy pg. 16

One Minute Coleslaw-Weight Loss pg. 204

Italian Potato Salad-Weight Loss pg. 247

SPECIAL OCCASION BREAKFAST

Make the muffins a day ahead of time and also the cashew milk and Hollandaise sauce. The sauce reheats very well in a saucepan when stirred with a whisk.

Pumpkin Muffins-NL November 2002
Veggie Benedicts-NL May 2003
French Toast-NL May 2003
Assorted sliced fresh fruit

Recipes

BREAKFAST BURRITOS

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 4

1 pound firm water-packed light tofu
¼ cup water
¼ cup chopped green onions
¼ cup chopped red bell pepper
1 tablespoon diced canned green chilies
2 teaspoons soy sauce
¼ teaspoon turmeric
pinch of crushed red pepper flakes
1/8 cup chopped fresh cilantro
mild salsa (optional)
corn or wheat tortillas

Drain the tofu well, mash and set aside. Place the water in a non-stick frying pan and add the green onions and red bell pepper. Cook stirring frequently for 3 minutes. Add the mashed tofu, green chilies, soy sauce, turmeric and red pepper flakes. Continue to cook and stir for another 5 minutes. Stir in the cilantro. Spoon some of this mixture down the center of a tortilla, add salsa if desired, roll up and eat.

Hint: This may also be made with firm silken tofu, but the consistency will be much softer. A handful of baby spinach leaves could be added just before the end of the cooking time as a delicious variation. I also like to add some cooked chopped potatoes whenever there are some extra in the refrigerator. I add these at the same time that I add the tofu.

EGGLESS EGG SALAD

I have been making many variations of this salad for over 20 years. The only ingredients that have stayed the same are the tofu and the turmeric (needed for the yellow color). Feel free to experiment with other ingredients that you may like in your "egg" salad, such as pickle relish.

Preparation Time: 10 minutes

Chilling Time: 2 hours

Servings: Makes 1 ¾ cups

1 12.3 ounce package extra firm lite silken tofu
¼ cup tofu mayonnaise (see below)
¼ cup minced celery
1-2 green onions, finely chopped
2 teaspoons vinegar
½ teaspoon turmeric
¼ teaspoon onion powder
¼ teaspoon garlic powder
¼ teaspoon dill weed
¼ teaspoon salt

Place the tofu in a bowl and mash with a fork or bean masher until crumbled, but not smooth. Add remaining ingredients and mix well. Cover and chill at least 2 hours before serving.

Tofu Mayonnaise

- 1 12.3 ounce package firm lite silken tofu
- 1 ½ tablespoons lemon juice
- 1 teaspoon sugar
- ½ teaspoon salt
- ¼ teaspoon dry mustard
- 1/8 teaspoon white pepper

Combine all ingredients in a food processor and process until smooth. Cover and refrigerate.

This will keep in the refrigerator for at least 1 week.

MARDI GRAS BEANS

These have been a favorite on the lunch buffet during the Maximum Weight Loss Program.

Preparation Time: 20 minutes

Cooking Time: 30 minutes

Servings: 8

- 1 onion, chopped
- 2 stalks celery, chopped
- 2 carrots, chopped
- 1 green bell pepper, chopped
- 2-3 gloves garlic, minced
- ½ cup vegetable broth
- ½ pound mushrooms, sliced
- 2 15 ounce cans kidney beans, drained and rinsed
- 2 14.5 ounce cans chopped tomatoes
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 teaspoon dried marjoram
- ¼ teaspoon crushed red pepper flakes
- 1 tablespoon Dijon mustard
- 1 tablespoon brown sugar
- 1 cup chopped fresh Swiss chard

Place the onions, celery, carrots, bell pepper and garlic in a large pot with the vegetable broth. Cook, stirring frequently, for 5 minutes. Add the mushrooms and cook another 5 minutes. Add the beans, tomatoes, herbs and pepper flakes. Cook an additional 15 minutes, then add the mustard, brown sugar and chard. Cook for 5 more minutes. Serve hot over brown rice.

WICKED MUSHROOMS

I have prepared this mushroom dish for over 25 years and everyone is always amazed that such a simple dish can taste so fabulous!

Preparation Time: 15 minutes

Cooking Time: 1 ¼ hours

Servings: 4

- 2 cups vegetable broth
- 1 onion, chunked
- 1 green bell pepper, chunked
- 1 ½ pounds mushrooms, cut into quarters
- 2 bay leaves
- ¼ teaspoon thyme

1 tablespoon soy sauce
1 cup red wine
¼ cup tomato paste
1 tablespoon parsley flakes
freshly ground pepper to taste

Place ½ cup of the vegetable broth in a large pot. Add the onions and bell pepper. Cook, stirring occasionally, for 5 minutes. Add the mushrooms, bay leaves and thyme. Cook for an additional 10 minutes, stirring occasionally. Add the remaining broth and other ingredients. Simmer slowly, uncovered, over low heat for at least 60 minutes longer until the liquid becomes a thick sauce. Remove the bay leaves and serve hot over brown rice or other whole grains or potatoes.

CHU'S CORN SOUP

The first weekend during the McDougall Live-In Program the participants have lunch at Gary Chu's Chinese Restaurant. Lately they have been preparing a delicious corn soup as one of the courses and I have had many requests for the recipe. I have experimented with the basic directions that the chef gave me (chefs always seem to give general directions, never specifics) and think you will be pleased with the results. This is wonderful as a simple lunch soup or part of a more elaborate meal plan.

Preparation Time: 1 minute
Cooking Time: 10 minutes
Servings: 2-4

1 16 ounce package frozen corn kernels, thawed
1 cup vegetable broth

Place the corn in a saucepan with 1/3 cup water. Bring to a boil, reduce heat slightly, cover and cook about 5 minutes, until corn is tender. Remove from heat and let cool slightly. Pour into a food processor and process until smooth. Gradually add the broth while processing and continue until soup is quite smooth. Return to saucepan, heat through and serve.

Variations: At the restaurant this is served with various lightly steamed vegetables mixed into the soup. Broccoli florets, sliced red pepper, mushrooms and pea pods are good choices. Prepare the vegetables you plan to use before you start cooking the corn. Then while the corn is cooking, steam the vegetables over boiling water for 5 minutes. Add the steamed vegetables to the pureed soup and heat together in the saucepan.

SPINACH FRITTATA

Preparation Time: 20 minutes
Cooking Time: 1 hour 10 minutes
Resting Time: 10 minutes
Servings: 8

1 onion, chopped
1 leek, sliced
½ pound mushrooms, sliced
2 cloves garlic, crushed
¾ cup water
4 cups baby spinach leaves
2 12.3 ounce packages lite silken tofu
½ cup plus 2 tablespoons unbleached flour
2 ½ tablespoons cornstarch
1 ½ tablespoons soy sauce
1 teaspoon nutritional yeast
½ teaspoon dried basil
¼ teaspoon turmeric
¼ teaspoon salt
dash cayenne pepper

2 tablespoons sliced black olives (optional)

Preheat oven to 350 degrees.

Place the onions, leeks, mushrooms and garlic in a large non-stick frying pan with $\frac{1}{4}$ cup of the water. Cook stirring frequently for 5 minutes. Stir in the spinach and continue to cook an additional 2 minutes. Remove from heat and drain.

Place the tofu and the remaining water, along with all the rest of the ingredients, *except the cooked vegetables and the olives*, in a food processor. Process until smooth. Transfer to a large bowl. Add the cooked vegetable mixture and the optional olives, if desired, and mix well.

Lightly oil a 10 inch deep dish pie plate. Transfer the mixture to the pie plate and smooth down the top. Bake for 60 minutes. Let rest for 10 minutes before serving.