

Health for You: 7. Selected Scientific Sources

Voices Worth Hearing

In this lesson we look at some good sources of health information I have benefitted from; people who have been doing the research and shouting into the wind to try and get mainstream medicine and the public to realize that the answers to many, if not most of their health issues may be no further away than at the end of their forks. [Sounds like what Sister White said!] Get some of their DVDs and books and hear their lectures if you can, and have a look at their websites. I will put a brief introduction for each and some valuable quotes from their lectures and articles.

Dr. T. Colin Campbell: The China Study

For more than 40 years, Dr. T. Colin Campbell has been at the forefront of nutrition research. He is the Jacob Gould Schurman Professor Emeritus of Nutritional Biochemistry at Cornell University. He has more than 70 grant years of peer reviewed research funding and has offered more than 300 research papers. Dr. Campbell presently holds Honorary Professorships at the Chinese Academy of Preventative Medicine and is on the Research Advisory Board of the Chinese Institute of Nutritional Sciences, which is the Chinese government's leading institution responsible for nutrition research and policy in China. He was the Director of a program known as The China Project which is the most comprehensive study of health and nutrition ever conducted. Dr. Campbell is co-author of the bestselling book, *The China Study; Startling Implications for Diet, Weight Loss and Long Term Health*. His more recent book, simply called "Whole" is a must read for anyone who wants to understand the medical muddle we are in today. Widely considered one of the foremost experts on diet and health in the world today, Dr. Campbell has spent a lifetime finding and studying the data.

On Milk:

"I grew up eating a lot of dairy products. However, our research has found that dairy products are not exactly the blessing to health that the industry has led most of us to believe. It seems "nature's most perfect food", as they call it, really is something different than that. My view now is, don't use them! That starts out very early in life. There are adverse problems that have been shown to occur in all ages. I see no redeeming value in consuming dairy foods from a nutritional perspective. Unfortunately still today, in the minds of too many people, cow's milk products are assumed to be one of the best sources of high quality protein as well as calcium. Actually that's not really a good assessment of what this product does.

"Protein consumed in excess of the amount that we need actually has some pretty serious consequences, and most of us do consume more than we need. This has been documented in peer reviewed literature. In my laboratory, for quite a number of years, many years ago, we examined in some considerable depth the effect of casein, which is the principle protein in cow's milk, on cancer development as well as other biological responses, and it turns out that its effect on cancer is really provocative.

"I hadn't expected to see this because I was raised on a dairy farm. I always believed that the good-old American diet was about as good as it gets. Subsequently I went off to graduate school and actually did my doctorate dissertation with the same thought of mind. But after I got into my research program, with no expectation that I would find the things we did find, I really was quite

surprised. Now after having looked at it for so many years, and getting involved in it too, also looking at the literature of many others, it's more than just about the effect of the cow's milk protein on cancer. Dairy also is a pretty potent inducer of higher cholesterol levels, athero-genesis which is the forerunner for cardiovascular disease, and a number of other illnesses.

“We are used to hearing that it is the nation's most perfect food, but that's simply just not the case. If there really is a most perfect food, it really is mother's milk. I want to point that out, because human milk is highly desirable in the infancy stage of one's life—very valuable. There is a time and a place for everything and the natural order of things, so that is not a problem. I just wanted to point out this distinction between human milk and cow's milk. Cow's milk is nature's most perfect food for a baby calf which has four stomachs and is a ruminant animal and will gain about 200 pounds in its first year. So I guess if a human infant has those characteristics, it would probably be the right food for that child. But we all know otherwise.

“The cultural belief system that puts dairy products on a pedestal really is causing a lot of damage to people. Now, mainstream thinking does recognize that the saturated fat in dairy products and other animal foods can contribute to heart disease. However, it is animal protein that is the central component of animal based foods that cause a lot of the problems.”

Not only Prevention:

“We have compelling evidence that many of our chronic and devastating illnesses are the result of poor nutrition, yet the medical establishment by and large, still pays very little attention to using diet either to prevent or to treat disease. The question arises whether diet has a role in effective anti-cancer treatment.

“For a long time we have talked about nutrition as it might relate to the prevention of future problems. It became the narrative for preventative medicine in a sense. Now in recent times and with information from before this, the same diet that tends to prevent future problems is the same diet that actually can be used to reverse and treat these illnesses after they are present. And cancer is one such response, if you consider it that way, unfortunately unlike heart disease, which has been demonstrated in humans quite effectively I think and also for Type II diabetes and a couple of other things. The cancer relationship is more tenuous, although the research that we have done in our lab as well as some others have done, really supports the same effect and I would be absolutely baffled if in fact the effect of this kind of diet for the treatment and prevention of heart disease and diabetes didn't also work for cancer. As they say the evidence is not as strong, not as focused, at least in human studies, but it is there.”

The Diet:

“The diet I like to advocate I like to call the 'whole food plant based diet'. It is a mouthful I know. I wish I had a better description, but I use that terminology, and by that I mean whole vegetables with lots of colored vegetables especially included. Whole fruits, whole grains, legumes, just eating the foods as they have been prepared by nature and not to go back and add a lot of oil or fat or sugar. These are the things that in a sense have captured our taste and have been promoted by the food industry to get us to eat more of these kinds of food.

“So, it’s basically the whole food plant based diet with vegetables, fruits, grains, and legumes of course being a component of that, without adding back the other stuff. And one other wrinkle I need to put in too is to work towards having as much of that as one is comfortable with in raw food form. By this I am talking about salads, fresh fruits, fresh vegetables too. I’m not a proponent of 100% raw food diet for a variety of reasons, but nonetheless, working towards that end I think is a really smart way to go. There are few, if any, nutrients in animal based foods that are not better provided by plants.”

On Supplements:

“I don't really see for the most part any general recommendation being advisable for the public at large to use vitamin supplements. I know that Vitamin B12 of course tends to be advocated by most people in the field and Vitamin D in the more recent times. I don't take Vitamin D. I think the whole Vitamin D story has been hyped up far too much. Some of the key questions that need to be researched and asked have not been asked or they are ignored.”

Acid-Alkaline:

“Plant foods as we know will create a more alkaline environment in our bodies and the way I look at that, I think the big contribution to acidity is simply eating animal based foods. What is certainly valid is to derive as much of our nutrients, proteins, vitamins, phytochemicals, fats, and our carbohydrates from plant sources as possible.”

The Book ‘The China Study’:

“I feel that the traditional medical and scientific paradigm is so reductionistic that it doesn’t see the bigger picture. With “The China Study” we gave it a new scientific boost showing that animal protein, casein, which is the protein in cow’s milk, is actually pretty hard on us, I said it was carcinogenic and that this whole thing has been misunderstood by a reductionistic science that doesn’t see the bigger picture. So because of that, a lot of people now are switching to a more plant-based diet.

“Our book has been out now for going on eight years, and in the beginning, I was lecturing to a variety of different kind of groups and occasionally maybe to a medical conference or something like that. It wasn’t terribly well-received in the beginning, in the sense that it was mostly silence. I didn’t get engaged in too much serious discussion. However, in the last couple years, the majority of my talks are to medical schools. I’m just seeing a sea change. It’s exciting. It’s very fascinating,

Note: John Robbins echoes my own feelings about the book “The China Study” and we urge our readers to acquire and read this ground-breaking book: as well as the more recent one, “Whole”.

“I was very delighted when I first saw the book *The China Study*, . . . I was so thrilled with it as I have been ever since and especially been thrilled and surprised frankly by the tremendous response to the book. I mean it is a runaway bestseller. It’s an absolutely marvelous book and it is affecting literally millions of people's lives and their choices, their consciousness, their connections with the food that they are eating and their health in a very, very positive way.” John Robbins.

Related and Recommended links:

<http://www.tcolincampbell.org/>

Dr. Caldwell Esselstyn: Heart Attack Proof People

Dr. Caldwell Esselstyn is one of the world's leaders in heart attack prevention. He was trained as a surgeon at the Cleveland Clinic and at St. George's Hospital in London. He has produced more than 150 scientific publications. In 1995 Dr. Esselstyn completed a ground breaking 20 year nutritional study on arresting and reversing coronary artery disease in severely ill patients. It was the longest study of its kind ever conducted and the results rocked the medical world. Based on the groundbreaking results of this study, Dr. Esselstyn explains with irrefutable scientific evidence how we can end the heart disease epidemic forever by changing what we eat. Dr. Esselstyn is the author of the bestselling book *Prevent and Reverse Heart Disease* and he is widely considered one of the world's foremost experts on health and nutrition.

A Global View:

"When one reviews the global literature on cardiovascular illness, it is quite striking that even today if you are a cardiac surgeon and you are going to hang out your shingle either in rural China, the Highlands in New Guinea, Central Africa or the Tarahumara Indians in Northern Mexico, just forget it. You better plan on selling pencils because you are not going to have any cardiovascular disease because there is none. These cultures by heritage and tradition are fully plant based.

"Yet by way of contrast when we look at the autopsies of American twenty year old GIs in Korea and Vietnam, fully 80% already had gross evidence of coronary disease that you can see without a microscope, though not enough to have their cardiac event yet. That study was repeated about forty years later in 1999. This time it was done in this country looking at young women and men between the ages of 17 and 34 who had died of accidents, homicides and suicides. Now the disease is ubiquitous. Everybody at that young age already had the foundation of coronary disease. So it is very discouraging to think that when you graduate from high school in this country, not only do you get a diploma but you also get a foundation of coronary disease. We really have been doing some things wrong.

"A very interesting phenomenon that occurred during World War II when the Axis powers of Germany overran the low countries of Holland and Belgium and they occupied Denmark and Norway. It was characteristic that the Germans would take away the livestock from these cultures, namely their cattle, their sheep, their goats, their pigs, their turkeys gone. So now suddenly these Western European nations during the war years were deprived of animal food and dairy. In the report in *The Lancet*, England's premier medical journal, in 1951 by Dr.'s Strom and Jansen who reviewed the Norwegian experience with heart attack and strokes during those war years, it was quite striking from 1939 to 1945 deaths from stroke and heart attack in Norway absolutely plummeted, and yet it was quite quick. As soon as there was a cessation of hostilities immediately back came the meat, back came the dairy, back came the heart attacks and back came the strokes."

Putting it to the test:

"How exciting it would be if we could get the public to eat in a way that would save their heart. Because if they were eating to save their heart, then they would probably also be saving themselves from the common Western cancers of the breast, prostate, colon and pancreas. That is what was sort of the driving force and after Anne and I had gone plant based starting in 1984 for a year; in the summer of 1985 I went to our Department of Cardiology and asked for about 24 patients who were

ill with coronary artery disease. That would be the maximum number I could manage and still carry out my surgical obligation.

“The patients they gave me, as my late brother-in-law said, they were the walking dead. They had failed their first or second bypass; they had failed their first or second angioplasty. They were too sick for these procedures or had refused them and five were told by their expert cardiologist that they would not live out the year. I am happy to say that all five of those went beyond twenty years and all patients who were compliant were able to arrest their disease, and not only arrest it but we often would see in documented angiography, looking at their pre-study narrowed coronary arteries, a marvelous reversal of the disease. This was extremely exciting and very rewarding because some of those actually occurred before the invention of Statin drugs. So we really recognized the power of correcting nutrition.

“The power of nutrition is phenomenal to correct, sometimes reverse disease and of course to prevent it yet most medical schools hardly teach nutrition at all. The assumption is more a pill for every ill. There is very, very little effort to support physicians in learning about nutrition and its power. I guess you would call it a battle because truly there has been an awful lot of caution on the part of the medical profession in accepting some of these changes. But we know something is happening because in the last five or eight years and not infrequently when physicians come down with coronary disease, after they have had their first or second stent they think maybe it is going to be time to inquire about “is there something I can really change?”

“Nothing is going on in cardiovascular medicine today with any of the drugs, with any of the imaging, with any of the stents or the procedures or the bypass operations. And even my wonderful friends who are cardiologists and cardiac surgeons will concede that these procedures do nothing. They are just a stop gap pass job and yet recently now, believe it or not, we have had some Interventional cardiologists who when they have had a heart attack have come to see us. These things take time.”

Making the Change:

“When Dr. Ornish and I did our earlier studies, the medical community was willing to concede that we had demonstrated proof of concept but they felt very strongly that it would be impossible to get large numbers of people to change.

“We are just now summarizing a group of over some 226 patients that we have counseled over the last ten years or so. These patients have come to see us from across the United States. 198 of them had severe coronary artery disease. We have had about a 90% compliance rate which is very exciting.

“If you look at the major cardiac events which are death, heart attack and stroke, in our group of compliant patients, there was one event. There was one fellow who had a mild stroke. That means that 99% had no new major cardiac events. We think that is very exciting and we are going to keep after this because I think it is very important if we are going to have our medical colleagues believe in what we do, that they have got to respect us through the avenue of peer reviewed scientific research.

“Now I think I should mention why it is that I feel that we have achieved that degree of compliance because that is what has made most cardiologists at the outset very skeptical. I don’t think they doubt that there would be benefit to it, but they just don’t think patients would stick with it.”

The Preventable Cost:

“I think this is what gives us an opportunity to really have a chance to put this entire food-borne epidemic on the back burner. When you think of it today, presently Medicare, which is one of the entitlements dragging this country into debtor’s prison, 45% of Medicare is cardiology. That 45% are tax dollars that are being spent on drugs, on imaging, on procedures and operations which have absolutely nothing to do with the causation of the disease. So a poor patient today with a cardiac disease, cardiovascular illness is going to have their first stent, their second stent, maybe their third, fourth or fifth and then a bypass and then more stents, eventually congestive heart failure and sadly end up dying of a completely benign disease that is a food-borne illness that was never treated. I think we can do better.

“Last year’s documentary *Forks Over Knives*, features our work along with that of our colleague Colin Campbell. The film basically illustrates the profound claim that most, if not all of the degenerative diseases that afflict us can be controlled, even reversed by rejecting our present diet of animal based and processed foods.

“The film is really very powerful and very enlightening because it shows that there is no snake oil or voodoo in the film. It is all really evidence based. It is so compelling when one sees the science that can be behind making these nutritional transitions, because whole food, plant based nutrition trumps all. It is the absolute cornerstone of what I feel can be a total seismic revolution in health.

“We find ourselves right on the cusp because what we are doing in medicine right now, is really sort of insane. A few years ago it was disappointing that they didn’t teach nutrition. Quite frankly now it is at the point where it is disgraceful to ignore the power of nutrition. I will give an example. Suppose I have a woman or man who weighs 245 pounds and they have had a heart attack but in addition to being obese they happen to be hypertensive and they are diabetic but they absolutely get the picture. They do it right and suddenly a year, a year and a half later, they now weigh 155. They are no longer obese. Their hypertension has disappeared. Their diabetes has disappeared. The risk for a heart attack or an ischemic stroke is gone. There is not a single pill on the planet that will do this. It is all happening because of this profound nutritional lifestyle changes that they have done.”

The Extent of the Problem:

“Battle casualties from the Korean and Vietnam conflicts yielded an 80% incidence of coronary heart disease at autopsy despite an average age of 20 years. Hardly a family in this country does not have an immediate or distant relative or friend who has experienced heart disease. A study of civilian casualties between the ages of 16 and 34 who die from accidents, homicides and suicides reveal coronary heart disease in every person. Dr. Lewis Kuller, a professor of public health from the University of Pittsburg from his 10 years cardiovascular health study made the following statement in April 2006: "All males who are 65 years of age and older who have been exposed to the traditional western diet have cardiovascular disease and should be treated as such."”

“World War II provided a graphic example of how the ravages of these diseases could be totally halted. Norway was one of several western European nations occupied by Nazi Germany during the conflict between 1939 through 1945. The Germans removed all animal livestock from these occupied countries. The native population subsisted on whole grains, legumes, vegetables and fruit. Almost immediately death from heart attacks and strokes in Norway plummeted. With the cessation of hostilities in 1945 animal products became available as well as an immediate return to the prewar levels of deaths from these illnesses. It is a powerful lesson in public health about the cause and cure of our most common killer-heart disease. This message was not heeded by the medical profession or the public. It has been just the reverse. The popularity and success of western culture has adversely influenced Asian and developing cultures, so they seek to emulate our toxic western diet. As a result coronary artery disease is predicated to become the number one global disease burden by 2020.

“Rural China, the Papua Highlanders of New Guinea, central Africans and the Tarahumara Indians of northern Mexico adhere to plant based nutrition and are spared this galloping epidemic which is a disease of affluence.”

A Total Failure

“American leadership in public health has been a total failure in its attempt to curtail this disease. The United States Department of Agriculture (USDA) every 5 years refashions American's food pyramid, without ever relinquishing the very foods which cause the epidemic. The USDA leadership are all former power brokers of the beef, dairy, pork and poultry industries.

“The medical profession has an even poorer record. It has taken the approach that every American must learn all the risk factors for heart disease such as smoking, high blood pressure, diabetes, high cholesterol, and strong family history. The profession's risk factors emphasis is an unspoken concession that as Americans eat such a toxic diet, they will all develop the disease and knowing your risk factors may somehow alert you and your physician how fast it is catching you.

“Modern medicine of the latter half of the 20th century and early 21st, must be condemned for its failure to share with the public the knowledge to eliminate the most common chronic killer disease such as heart disease, type II diabetes, obesity, hypertension, erectile dysfunction, and dementia all of which are a bitter harvest of the toxic western animal based nutrition.”

Dementia:

“Let us flush out further the problem of dementia. By age 85, it is recognized that 50% of Americans will have dementia. Newer research reveals that at age 50 Americans begin sustaining tiny little silent strokes, which as they continue, take a serious irreversible toll on the brain. Memory may become less astute by one's 60's and if these little strokes continue, we now have dementia by the 70's or 80's. It is the end product of vascular injury to the brain just as occurs with the heart.”

Medical Interventions:

“The medical profession never lacking for a new expensive imaging device or procedure, developed coronary artery bypass surgery, angioplasty, and stents for blocked arteries to the heart. One has to be in awe of the delicacy of these surgical feats. But are they the answer? A most emphatic

NO! The epidemic has not been altered since their inception. To be fair, in emergency situations, such as a heart attack they may be life saving or save heart muscle from damage. Academic scholars are increasingly critical of the overemphasis of these interventions, which provide enormous financial reward to the physician.

“The downside to these procedures is that many experience serious complications and die. Of 1 million stents performed this year 1% or 10,000 will die from the procedure. If we lost 10,000 G.I.'s this year in Iraq, it would be called carnage.

“The expense of these procedures consumes the lion's share of the health budget. Cardiology spends over 1/4 of a trillion dollars per year. Even if the procedures are successful, the benefits erode with the passage of time. Interventional cardiologists themselves concede life is not extended and new heart attacks are not avoided by these procedures.”

Pioneers worth a Hearing:

“How is it possible that the medical profession cannot heed the striking lessons from Norway during WW II, or the non existence of heart disease in the third world and developing countries who by culture, heritage and tradition subsist on plant based nutrition?

“Actually there were physicians who did hear these lessons. These pioneers were men like Pritikin, McDougall, Klaper, Pinckney, Campbell, Ornish, Esselstyn, Fuhrman, Barnard and Diehl to mention a few. Dr. Dean Ornish in California and Dr. Caldwell B. Esselstyn, Jr. in Ohio during the mid 1980's unbeknownst to each other but within months of each other separately initiated studies of plant based nutrition as treatment for patients severely ill with coronary artery disease. The goal was to remove every last morsel of animal food, dairy, processed flour, and oils that were causing the disease and to eat a diet of vegetables, fruit, legumes and whole grains.”

Yes it Works!

“In all compliant patients results were prompt and enduring. Angina heart pain diminished or disappeared as cholesterol levels promptly lowered and both physicians found that x-rays of the hearts' arteries confirmed the disease could be reversed. Dr. Ornish proved this after one year of treatment. Dr. Esselstyn showed the same at 5 years and reported his results again at 12, 16, and finally beyond 21 years in his recently release book, Prevent and Reverse Heart Disease. Dr. Esselstyn is particularly pleased with a smaller subset of patients who were told by expert cardiologists in 1986 they had less than a year to live all of whom are alive, 21 years later.”

“For example, if a 250 pound, obese, mildly diabetic hypertensive, patient has a heart attack and is fully compliant with plant- based nutrition treatment, profound changes occur. By 8 months he weighs 190 pounds and is no longer obese, his diabetes and hypertension are gone as is any risk for a future heart attack. He will also protect himself from erectile dysfunction and dementia. This toxic western diet consumed over decades behaves as a malignant stew daily marinating our cells towards chronic illness.”

Plant-Based Nutrition

The following remarks by Caldwell B. Esselstyn, Jr., MD were delivered September 2, 2000 in Orlando, Florida at the Summit Conference on Cholesterol and Coronary Risk presented by the Cleveland Clinic Foundation in cooperation with the Walt Disney World Company.

“Plant-based nutrition provides us with a pathway to escape the coronary artery disease epidemic. For persons in central Africa, the Papua Highlanders of New Guinea, the Tarahumara Indians of northern Mexico, and inhabitants of rural China as described in the Cornell China Study, coronary disease is essentially non-existent while hypertension, Western malignancies, obesity, and adult onset diabetes are rarely encountered.

“While I am proud to have been the founder of this conference in 1997, it has become ever more apparent that these conferences are not the ultimate answer. This stopgap risk factor and drug oriented device-driven approach is not designed to conquer this epidemic. This strategy is laden with expense, morbidity, mortality, and temporary benefits which rapidly erode with time. We must focus on the toxic food environment for otherwise our children and young adults will become the next unsuspecting victims.”

Lying Leadership:

“The United States Department of Agriculture has a sorrowful record of caving to the special interests of industry as does the U.S. Congress. The U.S. Dietary Guidelines committee has over half its members with ties to industry, while the chairman of the health and human services department wears a milk mustache. For those institutions to decide America's nutritive needs is surely putting the fox in the hen house.

“A slogan has arisen from these groups stating there are no strictly good foods or bad foods. This is sheer nonsense. Coronary disease has no building blocks from the plant-based diet. Meat, cheese, milk, butter, ice cream, eggs, fried foods, oils, and margarine are the lethal atherosclerotic lynchpins. Vogel demonstrated endothelial damage in young persons within hours of eating such foods. English children under 10 years of age have been found by ultrasound to be losing arterial elasticity and distensibility The Bogalusa, PDAY, Korean, and Vietnam data reveal coronary artery disease is ubiquitous in our young.”

“The truth be known, we don't need new information to end this epidemic. The evidence is in! As practicing physicians, dietitians, nutritionists, nurses, and researchers, you are an essential part of the vanguard to disseminate the facts to patients, the public, and the government.

“As leaders, we must have the courage and a renewed moral compass to provide the public with accurate information to abolish and prevent atherosclerosis. We must seek leaders and institutions that are not frayed or compromised by ties to industry or politics to deliver this message.”

Dr. John McDougall: The Starch Solution

John McDougall, MD, is a medical maverick who challenges medical and pharmaceutical businesses when they prioritize profits over patients. For the past 30 years, Dr. John McDougall has countered mainstream misinformation with the fact-free truth and nutrition and your health. Dr. McDougall, along with his wife Mary, offers his life-changing approach through national-best-selling books, DVDs, seminars, and the McDougall Live-In Programs in Santa Rosa, CA.

“The Starch Solution”; doesn't the title say it all? Think about it for a minute. In fact, I get more criticism, more concern about the title of the book than I've ever gotten about a title of a book that I've done in the past. Of course all the titles of the books that I've done in the past included my name, but I decided to take a departure. I decided to hit people head-on. I decided to take a big,

sharp stick and poke it in their eye. In other words, I want people to understand the word “starch” because that is key to the solution. People have such a negative feeling about starch. It’s almost a dirty word. But the truth of the matter is that most people who have ever walked this earth have lived on starch-based diets. They’ve gotten the bulk of their calories from starch.

“What I’m talking about here, just to bring everybody up to speed, starches are foods like corn, rice, potatoes, sweet potatoes, and beans. These are plant foods that contain sufficient amount of calories to power armies, to have gladiators win battles. They are the foods that have caused people to have babies, to cross countries, to conquer worlds. Starch has been the center of the diet of all successful populations throughout all of recordable history. So why call it something else? Why not call it starch?”

“Starch is the energy. It’s the sugar that’s stored by plants that people run best on. It is the food for people. So that’s why I called it “The Starch Solution”. If I’d have called it “Vegetarian Diet” or “Vegan Diet” or “Plant-Strong Diet” or “Plant-Based Diet”, people wouldn’t know what I was talking about. What are you talking about, a diet of broccoli and kale? A diet of Cokes and potato chips? What is a plant-based diet or a vegetarian diet? It could be anything. But a starch-based diet, what does that mean?”

“The correct scientific terminology for the sugar molecules that we eat is starch. There’s a scientific journal called “Starch”. That’s where you publish your scientific data if you want it to be known in the world on subjects about starch and industry, or starch and food, you publish in the journal “Starch”. So that’s the correct terminology, that’s what people need to learn, that’s what they need to understand that they’re supposed to eat most of, and when they do, what happens is they get well, and so does the planet. Planet Earth can produce 17 times more food with potatoes as opposed to animal foods. It’s not only the solution for human health; it’s at least an important part of the solution for saving the planet.

“I’m a regular medical doctor. I’m a board-certified internist. I take care of patients. I’m not an alternative medicine doctor. I’m not a holistic doctor. I’m just a general doctor that directs his attention at the problem. The problem’s the food. People in our society, in the rich Western society in the United States, Canada, Australia, Europe, etc., they eat like kings and queens of old. They eat the richest food known to humankind. As a consequence of trying to get our calories from these rich foods, primarily animal foods, people get sick.

“It’s like taking a cat. I’ve got my kitty cat sitting next to me on the couch here. If I took my kitty cat Einstein and I fed him potatoes, the first thing is he would think potatoes were like a yarn ball. He’d just kind of bounce them around on the floor. He wouldn’t know what to do with them. But if somehow or another I got Einstein to eat potatoes, maybe I stuck a tube down his throat and forced him to eat potatoes, guess what would happen? Einstein would get sick. He’d be very sick. He would die trying to live off of potatoes because that’s not his food. I could take Einstein for a walk, and he’d still stay sick. I could pet Einstein and give him all the psychological comfort I could possibly dream up, and Einstein would stay sick until I put Einstein back on Einstein’s diet, which happens to be a meat diet. He’s a carnivore.

“So you take people, who are starchivores, they’re starch eaters, they always have been, they always will be, we’re talking about all large successful populations throughout all of verifiable

human history have obtained the bulk of their calories from starch. You take starch eaters, people, and you try and feed them cat food, or food that you wouldn't even feed your cat like ice cream cones and pies and cakes and bacon bits and things like that. You take the wrong food and you put it into people, they get sick. You can walk them around, you can even run them on marathons, and they're still sick. You can take them to the best psychologists and psychiatrists in town. They're still sick. They'll stay sick until you fix the problem. The problem is the food.

"The implications are you take fat people, a lot, 70% of the U.S. population. You take constipated people, a lot, probably half the U.S. population. You take people with Type II diabetes, they say 20-30% of the population soon will have that ailment. You take people with multiple sclerosis, rheumatoid arthritis, all kinds of health problems that are considered everyday, common occurrences, you take them off the animal foods, off the oils, the oils have to go too, off the garbage, you put them on oatmeal for breakfast, hash brown potatoes for breakfast, various kinds of vegetable soups for lunch, a loaf of bread, you put them on bean burritos and moo shu vegetables and pasta marinara sauce for dinner, and guess what? They get well.

"How often? As often as taking a drunk and removing his half-bottle of whiskey a day. How often does the drunk get well when you take the whiskey away? How often does the cigarette smoker get well when you take the cigarettes away? How often does the glutton get well when you take the gluttonous foods away? 100% of the time. It's the most powerful medicine every imagined, and it wasn't invented by McDougall. It was invented throughout eons of time.

Soy What? The Veggie-Meat Question:

"Regarding the Soy Question, traditional soy we use a little bit of. We use it as a condiment. Traditional soy are things like soybeans, tofu, soy milk, miso, tempeh, etc. Those are things that have been consumed in various parts of the world for five thousand or more years. They're consumed in small amounts as a delicacy. They're not the center of the meal. What's happened is people interested in becoming instant vegans, this is the instant vegan route. You can go from a hardcore blood-vessel-eating meat eater to a vegan without even noticing just by switching to fake meats, fake chicken, etc. These foods that have been created by industry are a concoction of chemicals that make people sick.

"Plain and simple, what they do is they start with isolated soy protein, which they make by grinding soybeans and washing them with water and alcohol and acid and alkaline solutions, so they make an isolated soy protein. They take and throw that in a vat, they mix it up with a bunch of other chemicals, apply heat and pressure and turn it into a burger that looks almost like the real thing. You cut it, the only difference is a blood vessel doesn't pop out at you.

"They're not health food. They're making people sick and fat. Is it a good transition food? You could argue that, but I don't. I think people ought to learn the correct thing to do from the beginning. If they choose to eat these fake foods because it brings warmth to their heart, makes life easier, it's a step in the right direction. But do not expect the health you deserve. Do not expect the bowels to work right. Do not expect yourself to lose weight and feel well as long as you're eating a significant share of your calories from fake meats. It ain't gonna happen.

It's All There!

“Thank goodness nature, God, Creator, or whatever you want to use for a name for why we’re here and what we’re all about, designed the foods complete. It’s designed with the right amount of protein, vitamins, minerals, essential fats, etc. You go out in the world with a drive called hunger, and you eat, and it gets satisfied, and so do your nutritional needs. So it is with a plant-based diet. A starch-based diet with fruits and vegetables supplies everything you need, all the protein, all the amino acids, all the calcium, all the minerals, all the vitamins, etc., except for two.

“One is not a vitamin. It’s called vitamin D; that’s from the sun. You get vitamin D from the sun. It’s a hormone. It’s not a vitamin. It’s a hormone. So you get your vitamin D from the correct source, otherwise you’ll get poisoned by these vitamin D pills. The second vitamin comes from germs. Maybe because we’re so hygienic in our society we don’t get enough germs, and therefore I recommend a supplement of B-12. For people who follow a strict diet like I recommend is that you add a supplement of B-12. That’s it. Go out in the sun, go out for a walk, eat a starch-based diet, add a supplement of B-12 somewhere along the way, and you’re going to be just fine. In Vit. B12, the cyano form is not as effective. The hydroxy and methyl forms are more effective.

What About Organic?

“Somebody always asks, “What about organic?” And we say, “Yes, organic is worth your trouble.” But the reason we don’t teach it is because it provides one more obstacle in getting people on a starch-based diet. “Oh, no, now I’ve got to find everything organic.” It’s an educational issue. But yes, organic is of all the sense in the world except a practicality issue, and that ought to be the next step that people go on to once they get their diets centered around rice, corn, potatoes, and beans. It just makes that change.

Don’t Give up Anything!

“I have a section in the new book “The Starch Solution” where I tell people, “Here’s the starch challenge. Don’t give up anything. Don’t give up your pepperoni pizza, don’t give your bacon and eggs, don’t give up your pickled pigs’ feet. Don’t give up any of that stuff. Just add more starch to your diet.” What I offer is 12 slices of bread a day or 4 cups of rice or 4 cups of pasta or 4 potatoes, etc. What I offer to people, I tell them just to eat 600-900 more calories of starch, and you’ll get well.

“That’s based on an experiment that was done at Michigan State University and published in 1978 where they took overweight men, and they just said, “Eat 12 slices of bread a day.” The average weight loss for white bread in two months was 14 pounds. The average weight loss for the brown bread for these overweight men, unconsciously, they didn’t think about anything, they just had to eat the bread. The average weight loss for the overweight men who ate the brown bread in two months was 19 pounds. So just eat more starch.

“You may not be ready to make the change that really needs to be made. Just eat more starch, and you will see the power of starch. What happens is you add starch, which appeases the appetite. Your appetite is satisfied by carbohydrates, and by adding the starch, you remove the fats that you wear. The fat you eat is the fat you wear. You just do it unconsciously.

Learn to Trust your Drives

“You have to trust your drives. It’s just like with thirst, you don’t say to yourself, “Let’s see, I’ve had my four glasses of water today.” You just drink when you’re thirsty. When you breathe, you don’t say, “Oh, I took my 18 breathes this minute, I don’t want to take 24.” You don’t do that. You trust your drives. Trust your hunger drive.

“The trouble with the hunger drive is it’s given so much choice to satisfy it, and it’s given wrong choices, and the wrong choices can never be right. If you eat fewer of the wrong choices, you’re still sick. If you eat more of the wrong choices, you’re still fat and sick. You’ve got to fix the problem. The problem’s the food. You have to switch from the animal oil, junk food based diet that Americans live on and seem to enjoy – I don’t think they really like it, they just don’t know any better – you have to switch to a diet of comfort foods.

“People love pasta. People love potatoes. They love rice. There’s a reason for that. If you walk through a slaughterhouse, you don’t even have to do that. Just walk down the meat aisle of Safeway or Whole Foods. By the time you get to the end of the meat aisle, you will be nauseated from the sights and smells. Why do you think that is? That’s not your food. ”

Links: <http://www.drmcDougall.com/>

There are some good 1 hour free videos by Dr. McDougall and other knowledgeable speakers here: <http://www.vsh.org/videos.htm>

Dr. Stanger’s “Perfect Formula”

This is the fourth advocate of the Whole Food Plant Based Diet that I wanted to recommend to you as she has an excellent book with many useful recipes and some practical ideas well worth investigating. The following are unedited excerpts from material on her helpful website.

<http://perfectformuladiet.com/>

Want to see shock and awe? Watch a whole foods, plant-based diet, blast diabetes, heart disease, obesity, headaches, and arthritis. Here are nine benefits you can experience now.

One. Prevent chronic illness. Reduce your risk of developing heart disease, cancer, hypertension, and most other chronic illnesses.

Two. Reverse chronic illness. Even if you are sick already, a diet that addresses the root causes of disease can have a huge impact.

Three. Coast to your perfect weight and stay there, without hunger, deprivation, or portion control. You could say good-bye to four to eight pounds this month – and every 30 days after that.

Four. Soaring energy level now. Have more get-up-and-go to do all the activities you love.

Five. Maintain vitality as you gently get older. The energy and health you achieve now can stay with you for decades.

Six. Save money. Whole foods are affordable with proper planning. Imagine how much you can save on drugs, supplements, and medical expenses if you get healthy naturally.

Seven. Delight in nature’s finest foods. Learn fantastic recipes for soups, salads, burritos, pasta, casseroles, sandwiches, burgers, wraps, pizza – even healthy desserts. Explore new restaurant offerings.

Eight. Feel really good about yourself. A recent survey shows that, after starting a plant-based eating plan, people feel they are making a difference for themselves, others, animals, and nature.

Nine. Puts you on the leading edge. Well known sports stars, celebrities, business leaders, and even former President Clinton have adopted a whole foods, plant-based diet. Films and TV documentaries are increasingly sharing the benefits as more people abandon the failed diets of the past.

A Doctor who specializes in healing the conditions considered incurable. Dr. Goldner discovered the secret by 'accidently' curing her own Lupus. <https://www.goodbyelupus.com/?s2-ssl=yes> And free videos: <https://www.smoothieshred.com/smoothie-shred-videos/> [this is a remarkable video: <https://youtu.be/7yEOAbIKBYo>]

The Perfect Formula Diet is a simple, science-based eating plan, built on six terrific whole-foods groups and more than 1,000 scientific studies. Forget hunger! You will eat plates and bowls of satisfying foods. Your personal not-meal plans ensure you will eat the foods you love most, that are in season and fit your budget.

Visit the website for more useful information and to order her book.

<http://perfectformuladiet.com/>

Quotes from other researchers and authors:

"I have often thought that a doctor who doesn't know anything about nutrition is like a fireman who doesn't know about water." John Robbins <http://www.johnrobbins.info/>

Go VEGAN! The Life you save may be your OWN!