



UPDATE

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Serving individuals, communities, business, government, and organizations since 1992



**John McDougall, M.D.
Honored and Commended
by State of Hawai'i**

*I'm the luckiest doctor in the world,
because my patients get well.
Other doctors give people pills,
I'm the doctor who takes them off drugs.*
John McDougall

The Hawai'i State Senate recognized John McDougall as "Observant. Intelligent. Forthright. Caring." and, "...for his long career as a physician and nutrition expert who teaches better health via a plant based diet." in a Proclamation on November 13, 2012.

"The Senate of the State of Hawai'i hereby honors and ♥ commends Dr. John A. McDougall for his many years of service in promoting healthy and healing lifestyles. Your leadership as one of the first traditional physicians in the medical establishment to assert that adoption of a vegetarian diet can reverse heart disease and other illnesses has saved countless lives. Maha-lo nui loa for your determination to help people look and feel great while enjoying optimal health for a lifetime."

Such an honor from this state is particularly meaningful because it was on its plantations while practicing medicine in the 1970's that Dr. McDougall discovered the power of diet in health and wellness. He observed that his elderly Asian patients, who lived mainly on rice and vegetables, were trim and healthy compared to their offspring that adopted the American diet.

As pioneers in lifestyle medicine, John McDougall and his wife Mary have worked tirelessly and consistently for nearly 40 years to research, understand, implement and teach the power of nutrition and lifestyle choices in achieving and maintaining good health. They have made their information readily available through books and e-media, live presentations and programs, travel adventures, and radio and TV. Their most recent book is [**The Starch Solution: Eat the Foods You Love, Regain Your Health, and Lose the Weight for Good!**](#)

Dr. McDougall's Health and Medical Center offers live-in programs in Santa Rosa, California, and Immersion Programs for employers and insurance companies.

<http://www.langandassociates.net/Consultants/john-mcdougall.html>

*Custom strategies and
programs to support how
we live, work and interact*

SEEKING BALANCE

by Jeanette Sartain

As one year ends and a new one begins, many of us find ourselves reviewing our past twelve months - plans, dreams, and goals we had - simply wishing there had been more TIME.

We can all relate to the inner drive that makes us want to excel. There is also an innate wisdom which knows we cannot be our best while tired, stressed, or worried. Everyone needs the rejuvenation that comes with having personal time to do the things that bring joy and meaning into our lives.

So how do we create more balance?

- **Schedule more time for our own needs and interests**
— Write actual calendar entries for personal time, and honor those appointments.
- **Learn when to say yes, when to say no**
— Consider carefully before taking on new commitments or continuing old ones.
- **Allow ourselves to ask for support and assistance**
— Be honest with others about our needs and desires.
- **Keep our promises to ourselves**
— Accept that these promises are just as important as the ones we make to others.

<http://www.langandassociates.net/Consultants/jeanette-sartain.html>