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The McDougall Program: 12 Days to Dynamic Health (Plume)

John A. McDougall

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In this ground-breaking book, Dr. John McDougall, bestselling author and creator of the nationally renowned diet and exercise program at the St. Helena Hospital in Deer Park, California, introduces his remarkable twelve-day plan. Building on the idea that the traditional meat-rich American diet is hazardous to our health, Dr. McDougall has developed a medically sound, low-fat, starch-based diet that not only facilitates weight loss but also reverses serious illness, without drugs, and provides a broad range of dramatic and lasting health benefits. Step-by-step, he takes you through his revolutionary new program, providing:

- Over 130 easy-to-prepare recipes
- Delicious day-by-day menus
- Suggestions for healthful dining out

Plus a comprehensive listing of health problems from arthritis to ulcer disease, comparing the traditional, often drastic medical approach and **The McDougall Program**'s nutritionally based alternative. As featured in the book and movie *Forks and Knives*, John A McDougall delivers a powerful and effective food regiment.

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