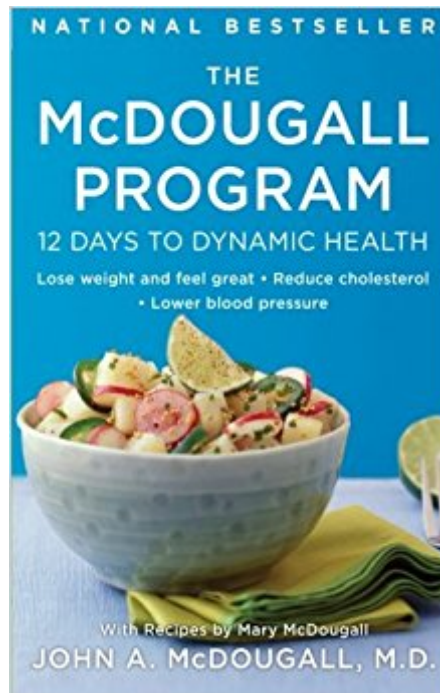




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# The McDougall Program: 12 Days To Dynamic Health (Plume)



## Synopsis

Bestselling author of *The Starch Solution* and *The Healthiest Diet on the Planet* In this groundbreaking 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.

## Book Information

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## Customer Reviews

"Dr. John McDougall is a true pioneer in using low-fat vegetarian diets to treat and help prevent a variety of diseases." — Dr. Dean Ornish, bestselling author of *Dr. Dean Ornish's Program for*

Reversing Heart Disease" This book is not just another diet book. It is, perhaps, the best practical guide to nutritional well-being ever written." — T. Colin Campbell, Ph.D., director of the China Health Project, Division of Nutritional Sciences, Cornell University "It's a wonderful book!" — William C. Roberts, M.D., editor in chief of The American Journal of Cardiology "Excellent guidance — Recent studies have shown the value of radical dietary changes in potentially reversing heart disease." — Robert E. Kowalski, bestselling author of The 8-Week Cholesterol Cure "A bountiful supply of nutritional self-help information — For people who are just now being initiated into taking charge of their own lives, overcoming disease, and maximizing wellness, this is the essential first step. — Dr. McDougall will be taking his place along with Carlton Fredericks, Linus Pauling, and Adelle Davis." — Gary Null Ph.D., author of A Complete Guide to Health and Nutrition

John McDougall, M.D., is the author of many previous books, including The McDougall Program, The McDougall Program for Maximum Weight Loss, and The New McDougall Cookbook. His latest title is The Healthiest Diet on the Planet: Why the Foods You Love—Pizza, Pancakes, Potatoes, Pasta, and More—Are the Solution to Preventing Disease and Looking and Feeling Your Best. He is the founder and director of the McDougall Program at St. Helena Hospital in Napa Valley, California, and has a nationally syndicated television show as well as a weekly radio program. He lives in Santa Rosa, California.

Dr. McDougall's program is one of those perfect nutritional programs that is right under our noses! His health plan is plant based and starch based----that is, the good starches, such as corn, rice and potatoes. These starches have sustained whole civilizations for centuries (Asians, Aztec Indians, etc) who never had heart disease, diabetes, or obesity issues. Natural starches are much maligned, but it is NOT the baked potato that is fattening; it's garnishing it with butter and sour cream! It's not rice itself that causes obesity; it's the cheeses added to the casserole that cause the high rise in blood sugars. Dairy and meat are killing people in America, and Dr. McDougall's book explains why that is. If you want to stop harming your body, and stop harming animals and ruining the environment, read this book!!! It will change your life. Dr. McDougall's opinions are widely sought after; he is featured on the documentary, "Forks over Knives".

I had to order a new book, because after 15 years the cover has been taped several times, the pages are fragile and brown from age around the edges and I have dog-eared the book

throughout! This book led my family and myself to glowing health and well-being. How we love Dr. and Mary McDougall!

Loved the program. There was a very good example of following a husband and wife with their health issues and how the diet affected them. It gave a day by day menu for them, how they felt, and how their health issues changed from very bad to great. I've shared this with friends and encouraged them to get the book also. The food suggestions were simple and very doable.

Excellent life style change diet plan! Easy to follow guide to changing how you think about eating. Even better, the recipes are thoroughly delicious. Being able to eat as much as you want (or need) of tasty, fresh foods is a life saver! Never thought a meatless diet could taste this good. Lot of good choices, easy to follow prep, and shopping lists for 4 days at a time make this an easy to follow lifestyle change that works in the average grocery store!! Watching out for the ingredients that should be avoided (dairy, oil & fats) can be a challenge, but there is so many alternatives, along with great recipes to make them at home has made this far better than a diet plan. After 4 days, the changes are already showing up! Looking forward to the next 8 days! It has even made grocery shopping easy and interesting. We now look forward to trying new recipes, and with the tips, we can change our traditional foods to fit the new lifestyle!

Love this book!

Aah, what can I say about this book that hasn't been said, except wonderful. Great program.

Easy to read & implement. Especially persuasive if you have a chronic "in curable" condition. Filled with hope & simple recipes. I read in one day, started the next with food on hand. Fingers crossed & looking forward to day 12 results. I love eating carbs again! I dance in the kitchen!

I bought this as a gift for my cousin because the diet worked for me when I had time to prepare the meals and meet with my group weekly to compare notes. We had meetings similar to weight watchers so we could encourage one another to stay on track. The book is excellent. Has very good advice.

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

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