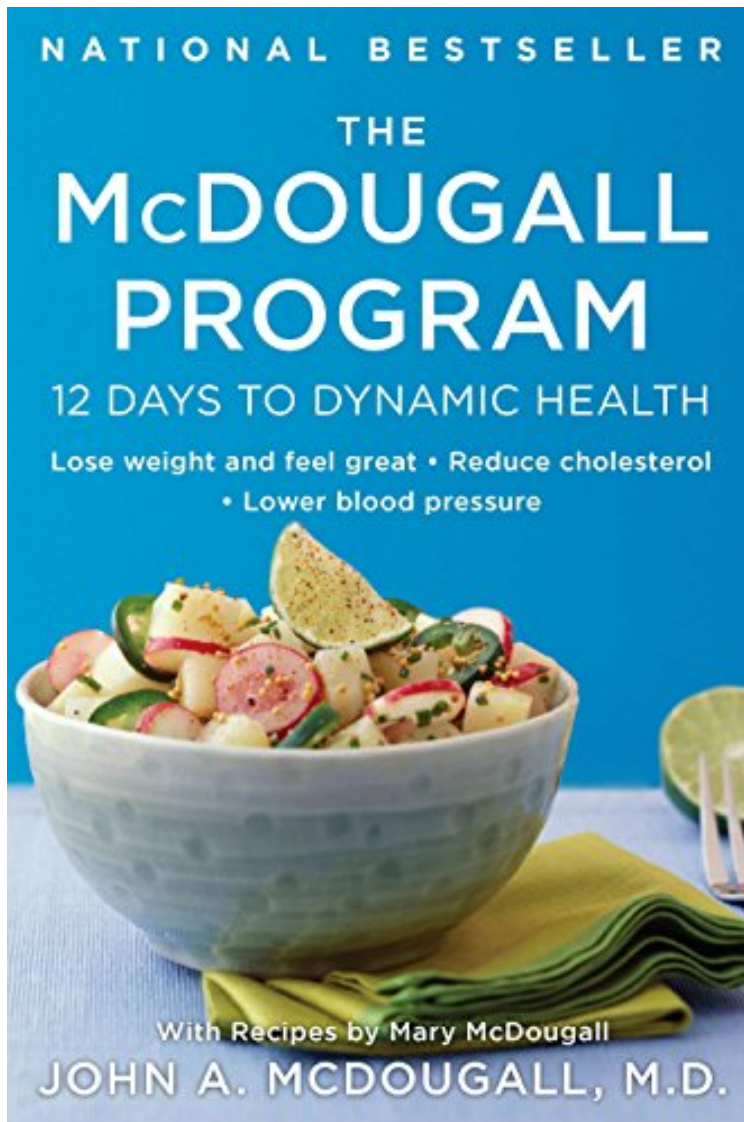


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# The McDougall Program: 12 Days to Dynamic Health



*Par John A. McDougall*  
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## Description :

Prsentation de l'diteurIn 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 recipesDelicious day-by-day menusSuggestions for healthful dining

outPlus 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.

Revue de presse"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

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