



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

By 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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Editorial Review

Review

"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**

About the Author

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.

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Fred Nelson:

Reading can called imagination hangout, why? Because while you are reading a book mainly book entitled The McDougall Program: 12 Days to Dynamic Health (Plume) your thoughts will drift away trough every dimension, wandering in most aspect that maybe mysterious for but surely will become your mind friends. Imaging each and every word written in a guide then become one form conclusion and explanation in which maybe you never get just before. The The McDougall Program: 12 Days to Dynamic Health (Plume) giving you one more experience more than blown away your brain but also giving you useful data for your better life in this era. So now let us explain to you the relaxing pattern here is your body and mind will be pleased when you are finished looking at it, like winning a. Do you want to try this extraordinary spending spare time activity?

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