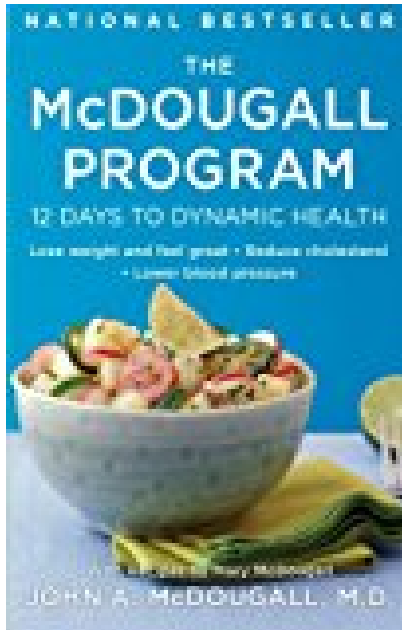


# The McDougall Program 12 Days to Dynamic Health Plume

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## BOOK DETAILS

- Author : John A. McDougall
- Pages : 448 Pages
- Publisher : Plume
- Language : English
- ISBN : 0452266394

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## BOOK SYNOPSIS

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 Programs 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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