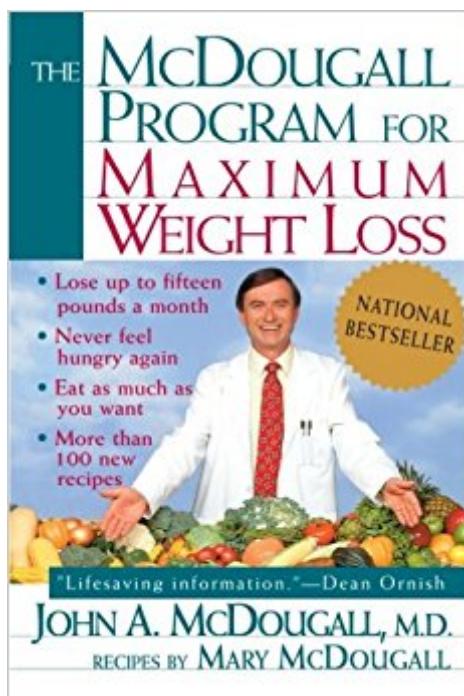


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# The McDougall Program For Maximum Weight Loss



## Synopsis

Bestselling author of The Starch Solution and The Healthiest Diet on the Planet œYou never have to be fat or hungry again. "Your HealthLose weight, eat as much as you want, feel healthy, and look great. This may sound like an impossible dream, but with The McDougall Program for Maximum Weight Loss it is a dream come true for thousands of people. In this groundbreaking book, Dr. John A. McDougall draws on the latest scientific and medical information about nutrition, metabolism, and hunger to provide a simple weight-loss plan. Feature more than 100 healthy and delicious recipes by Mary McDougall, packed with all the information and encouragement you need, this total weight-loss program also brings you: Studies and documentation on the McDougall approach The secrets of carbohydrates, your metabolism, and weight loss The truth about fat "in your diet and on your body Complete McDougall menu plans and cooking methods Supermarket shopping guides How to deal with eating disorders Dining-out information, and more œIts rewards include not just a slimmer figure but enhanced physical vitality, mental clarity, and self-esteem. "Bookpage

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## Customer Reviews

œLifesaving information. "Dean Ornish, M.D., New York Times bestselling author of The Spectrum œDr. John McDougall turns the toxic stew of American diets into vegetable garden broth. "Sonoma Business News œScientific understanding of good nutrition is but one step;

putting it into practice is quite another. John and Mary McDougall have done both. "T. Colin Campbell, Ph.D., co-author of *The China Study*, a professor Emeritus, Cornell University, and Karen Campbell's work is wonderful | a gateway to greater health and better living. "John and Deo Robbins, founders of *EarthSave* | Dr. John McDougall pushes lifestyle changes that keep your belly full and your tummy flat. "Niagara Gazette | More compelling reasons for health-conscious individuals to switch to a high-carbohydrate diet. "Richmond Mirror | You never have to be fat or hungry again. "Your Health | Its rewards include not just a slimmer figure but enhanced physical vitality, mental clarity, and self-esteem. "Bookpage

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.

I have been a vegetarian for years and had decided to go totally vegan 3 months ago. I was eating vegetables, fruit, legumes, whole wheat bread, grains, nuts, seeds, starches, & natural nut butters. I felt better but I need to lose weight and had not. I am a big fan of Dr. McDougall and spent a lot of time on his website. I finally decided to act on what he said in this book and "The Starch Solution" book. I have been following his plan for maximum weight loss for 7 days. This is vegetables, starches, grains, 2 fruits a day and legumes. He recommends no bread, pasta, nuts, seeds, or avocados until you reach your goal. (He has always said no oils of any kind.) I felt a little tired for the first day or so but now I feel great and have lost 5 lbs in 7 days. I am sticking with this until I reach my goal and then I will add some things back as recommended in the Starch Solution. I have about 50 lbs to loose and I have tried it all. It has gotten harder to lose weight as I have gotten older (59). I was not overweight when I was younger but when I reached 40 the weight just began to accumulate. This is the first time I don't have to count points, calories, or feel deprived. I can eat as much as I want and I have developed a new appreciation for the natural flavors of unprocessed food. I will update this as time goes on with my process.

Fabulous book. Everything it is is amazing. I come from 15 years of eating low carb before I

switched to a vegan diet 3 years ago. I wouldn't go back for anything, I'm thinner now and this book is the ONLY one I've ever read that makes logical sense. I eat vegan for the animals, but Dr. McDougall is spot on. I carried a lot of problems when I was low carb that I refused to look at, even though it had some perks for awhile. If you're wanting to eat healthy, cheap, real food that keeps your schedule simple and easy, this is your book. Cut the fluff, and read this. It works!

Great book for a diet plan to last forever. I have done the regular McDougall program; haven't started this more intense one yet, but look forward to it.

Good book contains good info. My opinion it was too wordy. There is a fair number of good tasting recepies to pick from. You will definitely find several things you'll like to eat. Follow the plan and you will lose weight. Follow the program, you won't be hungry and you will lose weight.

I saw myself described in this book, yes a fat vegan. I have started the journey for a healthier me. This book makes sense, it will be difficult at first to give up the high fat vegetable foods, but the results will be worth while. I will also be sending a copy to my sister-in-law who has diabetes . Please, do not be afraid to try the principles in this fantastic book. I am not hungry and already in a few days, I am feeling better.

This book has been a real eye opener about the food we eat. I think everyone should read this book and give it a try and see for yourself how eating real food can change your health in such a short time.

If you are looking for weight loss the healthy way this is the way to go definitely. So very healthy and informative! I feel so much better. Lost 24 pounds! Whole plant based foods are the future!

I was buying this for a friend. I would not part with my copy. Great help. I have been on a completely plant based diet for the last 6 years.

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