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The Starch Solution: Eat the Foods You Love, Regain Your Health, and Lose the Weight for Good!

By McDougall, John; McDougall, Mary

Rodale Books, 2012. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: "Dr. John McDougall is on a mission to make us healthier. Read The Starch Solution . It may save your life and your brain." Dennis Bourdette, MD, Chair and Roy and Eulalia Swank Family Research Professor, Department of Neurology " The Starch Solution is an easy and powerful way to achieve the very best of health. Dr. McDougall's unparalleled knowledge and experience have brought us the best possible way to help people lose weight, lower their cholesterol and blood pressure, boost their energy, and change their lives." Neal Barnard, author of the 21-Day Weight Loss Kickstart "You'll be doing the happy dance when you read this book! Hallelujah, and bring on the pasta!" Kathy Freston, author of The Veganist "Bold, honest, and ringing with truth, The Starch Solution will show you exactly how to reclaim your health and your life. Nobody has ever delivered this message so clearly. Dr. John McDougall's latest contribution is destined to become a classic." Douglas J. Lisle, Ph.D., co-author of The Pleasure Trap "This maverick physician has a wealth of knowledge that could be the key to a...



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Reviews

I actually started looking over this publication. It really is rally interesting throgh studying period. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Dana Hintz

Good electronic book and valuable one. It really is basic but unexpected situations in the 50 percent in the pdf. You wont really feel monotony at at any moment of your time (that's what catalogues are for concerning when you ask me).

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