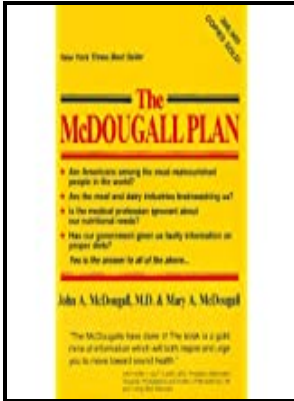


McDougall program for a healthy heart - a life-saving approach to preventing and treating heart disease

Dutton - Nonfiction Book Review: The McDougall Program for a Healthy Heart: A Life



Description: -

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Tax compromises -- Chile

Nuclear physics.

Copyright -- Pirated editions -- Europe -- Bibliography.

Books -- Pirated editions -- Germany (West) -- Bibliography.

Nurses and nursing.

Coronary heart disease -- Popular works. McDougall program for a healthy heart - a life-saving approach to preventing and treating heart disease

-McDougall program for a healthy heart - a life-saving approach to preventing and treating heart disease

Notes: Includes bibliographical references (p. [363]-404) and indexes.

This edition was published in 1996



Filesize: 30.21 MB

Tags: #The #McDougall #Program #for #a #Healthy... #book #by #John #A. #McDougall

Nonfiction Book Review: The McDougall Program for a Healthy Heart: A Life

What's the number one killer in America? McDougall really know his stuff and he has helped change my life for the better. I have more energy and can spend an hour on the treadmill when three months ago walking to the mailbox tired me out.

The McDougall program for a healthy heart : a life

FOR MY MONEY THIS IS THE BEST OF MCDUGALL'S BOOKS. When I began to heed the words of wisdom in this book, I found that my health did improve within ten days.

The Mcdougall Program for a Healthy Heart: A Life

John is Founder of EarthSave International, and Co-Founder and President of the 500,000+ member Food Revolution Network. Though the emphasis is primarily on nutrition two weeks of menu plans, 100 recipes and extensive brand-name shopping lists are provided, McDougall also discusses exercise and stress management, medications and surgical procedures and offers plenty of cautionary words on diagnostic tests. He has inspired millions of people to make food choices that have helped reverse illnesses like diabetes and heart disease, and to contribute to a more compassionate and sustainable world.

Nonfiction Book Review: The McDougall Program for a Healthy Heart: A Life

He answers all your questions, and most importantly, he backs up his statements with a stack of references to the medical literature. John and Mary McDougall have done both. I discovered John McDougall through a friend who explained the program to me.

The McDougall program for a healthy heart : a life

Esselstyn Prevent and Reverse Heart Disease. I am back to exercising when I had given up due to PAD and neuropathy.

The McDougall Program for a Healthy... book by John A. McDougall

No oils, not even olive oil. A lifesaving approach to preventing and treating heart disease.

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