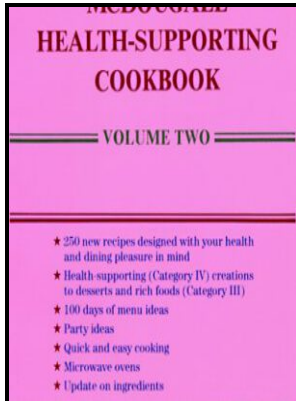


# McDougall program for a healthy heart - a life-saving approach to preventing and treating heart disease

## Dutton - 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: 70.88 MB

Tags: #McDougall #Program #for #a #Healthy #Heart: #A #Life

**The McDougal Program for a Healthy Heart: A Live Saving Approach to Preventing and Treating Heart Disease by John A. McDougall, M.D. Recipes by Mary McDougall**

The book is fairly complete, includes answers to all your frequently asked questions, includes an abundance of tasty recipes, and explains many things your doctor hasn't told you in most cases because he does not know.

**The McDougall program for a healthy heart : a life**

This is a lifestyle, a way of living every day of your life for the rest of your life.

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

IT ALSO HAS SOME GOOD RECIPES AS DO ALL OF HIS BOOKS THAT I HAVE READ. As a former professor in Internal Medicine at Univ.

**The Mcdougall Program for a Healthy Heart: A Life**

America's big killer is heart disease.

**The McDougall Program for a Healthy Heart**

When I began to heed the words of wisdom in this book, I found that my health did improve within ten days. Eating rich foods loaded with cholesterol and fats leads to the formation of these plaques. And if the answer is yes, how to select the best surgeon and hospital.

**McDougall Program for a Healthy Heart: A Life**

THIS GUY IS ENTERTAINING WITH HIS KNOWLEDGE, ABOUT DEAD SERIOUS MATERIAL, BOTH IN HIS SPEAKING AND IN HIS WRITING.

**The Mcdougall Program for a Healthy Heart: A Life**

Helena Hospital in California's Napa Valley, bans all animal products-fish, poultry, eggs, even nonfat dairy-from his no-cholesterol, under-10%-fat diet. This pioneering book by Dr. There are a small number of physicians that are willing to advocate a low-fat diet.

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