

John A. McDougall, M.D. Recipes by Mary McDougall



The Mcdougall Program For Maximum Weight Loss

Author: John A McDougall / Category: Health & Fitness / Total

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Summary: Free the mcdougall program for maximum weight loss pdf download - drawing on the latest evidence about nutrition metabolism and hunger an easy-to-follow weight loss plan places emphasis on a low-fat high-carbohydrate diet while explaining how weight is lost and gained

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