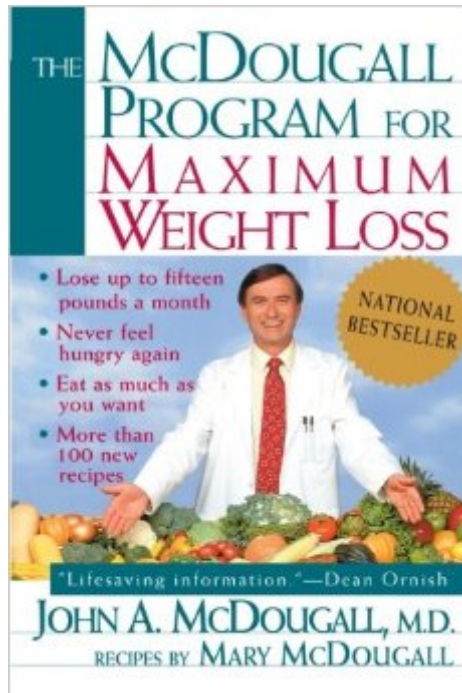


The book was found

The McDougall Program For Maximum Weight Loss



Synopsis

•œYou never have to be fat or hungry again.â•œ "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 fatâœin 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•œelts rewards include not just a slimmer figure but enhanced physical vitality, mental clarity, and self-esteem.â•œ "Bookpage•

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Customer Reviews

I have lost weight using two different methods in my 49 years of life. The first was to eat 1,500 calories or less every day and exercise 4-5 times per week. All of my food choices were healthy on this regimen, and my only complaint is that it took lots of effort to keep track of the calories I was consuming, and I was usually painfully hungry between meals and late at night. I twice lost around 30 pounds using this system. The other method I have used is the one developed by Dr. John

McDougall, using this book and one other: "The McDougall Program". This book is without question the one to use for efficient weight loss, the second more for maintenance and cultivating healthy eating habits for life. I give this book my highest recommendation because (a) it makes the best common sense of any "diet" I've ever heard about or been on...all you have to do is eat the world's healthiest foods in whatever quantities you like so long as you follow the instructions, and (b) the results are fast, steady, and come with many other pleasant benefits. In my case, my complexion has improved, my facial color and tone have radically improved, my energy is great, and my bodily functions have all started getting in sync. In the first month I have lost around 12 pounds, and all I've been doing for exercise so far is walking 3-5 times per week for around 45 minutes to an hour. If you are not used to living without meat and dairy products, breads and refined grains, as well as other high calorie and fatty sources in the typical American diet, I would imagine that the transition could pose some challenges. (Don't forget, I'm only talking about the "maximum weight loss" program now.

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