



Mary McDougall and John McDougall, MD

THE McDOUGALL PROGRAM

Where your health and happiness count above all else

Scientific Research Shows Our Program Can:

- ♥ Reduce or eliminate the need for most medications
- ♥ Lower blood pressure, cholesterol, triglycerides, uric acid
- ♥ Lower blood sugar – prevent and/or cure type-II diabetes
- ♥ Cause permanent loss of excess weight without hunger
- ♥ Reverse atherosclerosis (hardening of the arteries)
- ♥ Relieve serious arthritis and other chronic pains
- ♥ Relieve indigestion, constipation, and other intestinal diseases
- ♥ Slow and/or stop progression of multiple sclerosis
- ♥ Rebalance hormones – PMS, menopause, and osteoporosis
- ♥ Reduce risk of future health problems – cancer, heart disease, stroke, kidney disease, gallbladder disease, osteoarthritis, and premature aging



VOTED #1 Weight Loss Program by the Physician's Committee for Responsible Medicine.

New Center Site!

THE FLAMINGO RESORT & SPA



RESTORED HEALTH:

Our goal is to help you stop all unnecessary medications and begin regaining your lost health and appearance.

We can do that in 10 days. Your body's healing powers are astonishing!

COST EFFECTIVE: Less money than most people spend on a summer vacation – but the results can mean many more productive, enjoyable years, feeling great.

10-DAY ALL INCLUSIVE



MORE PERSONAL ATTENTION: The clinic is now just down the street from our home – and that means much more personal time from John and Mary. Our staff members are the best – experienced and professional, yet practical.

MORE FUN: Our new resort and spa location is at one of the world's most desirable vacation destinations. Enjoy the best of Northern California with us.

PRACTICAL EXPERIENCES: Our focus is on your future. Education emphasizes nutrition, disease prevention/reversal, cooking, shopping, dining out, and enjoyable exercises to prepare you for when you leave.

We know changing your life can be difficult. Now you can successfully meet that challenge!

Call **(800) 941-7111** or **(707) 538-8609**

or visit www.drmcDougall.com for more information and reservations