

The McDougall Program

by

John A. McDougall, M.D.

Internist • Author • Lecturer

John McDougall, the founder of **The McDougall Program** for healthy living, has been studying and writing about the effects of nutrition on disease for over 35 years. He believes that people should look and feel great, and enjoy optimal health for a lifetime. Dr. McDougall has developed a nourishing, low-fat, starch-based diet that not only promotes a broad range of dramatic and lasting health benefits such as weight (fat) loss, but most importantly can also reverse serious illness, such as heart disease, without drugs. He helps people stop unnecessary medications and avoid, when possible, surgery.

The McDougall Optimal

Health & Maximum Weight Loss Program

- 10-Day Live-in Program
- 5-Day Quick Learning Program
- 3-Day Advanced Study Weekend
- Celebrity Chef Weekend at the Flamingo Resort Hotel and Spa, Santa Rosa, CA

Adventure Travels with the McDougalls

To exotic places like Costa Rica

Dr. McDougall Online Newsletter (free)

Timely articles & recipes

Subscribe on line at www.drmcDougall.com

Prior Newsletters can be accessed from the "Newsletter Archive"

McDougall Books

(Available at Libraries, Bookstores & through McDougall's web site)

- Dr. McDougall's Digestive Tune-up.
- The McDougall Program for Maximum Weight Loss
- The McDougall Program - 12 Days to Dynamic Health
- The McDougall Health Supporting Cookbook, Vol. 2
- The McDougall Quick & Easy Cookbook (300 recipes)
- The New McDougall Cookbook (300 recipes)

McDougall eBooks

(Books available at www.drmcDougall.com "Store", "eBooks")

- The McDougall Program for Women.
- The McDougall Program for a Healthy Heart.
- McDougall's Medicine: A Challenging Second Opinion
- The McDougall Plan
- The McDougall Health Supporting Cookbook: Vol. 2
- The McDougall Health Supporting Cookbook: Vol. 1

McDougall DVDs

The World's most important leaders in Medicine & Nutrition (5 DVDs – 12 hrs)

- Losing Weight without losing your Mind by Doug Lisle, PhD (DVD)
- McDougall Made Irresistible (DVD – 2.20 hrs)
- Dr. McDougall Disputes Major Medical Treatments (DVD)
- McDougall Made Easy (DVD)
- Dr. McDougall's Total Health Solution (DVD - 5.5 hrs) Basic course material for the McDougall Program)
- McDougall's Medicine: Fighting the Big Fat Lies (DVD -10.5 hrs)
- The Pleasure Trap by Doug Lisle, PhD (DVD - 3.5 hrs)
- Losing Weight without Losing Your Mind by Douglas Lisle, Ph.D.
- Many lectures downloadable as McDougall eLectures

Dr. McDougall's Audio Podcast - "McDougallCast"

Join Dr. McDougall as he interviews the most influential health and nutrition leaders of our time.

"McDougall, MD" TV Program (1/2 hour)

(Refer to www.drmcDougall.com , "About", "Dr. McDougall on TV") Airing Nationwide on the Trinity Broadcasting Network (TBN), Tuesdays

Dr. McDougall's Health & Medical Center

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