



**[The Diet Book to End All Diet Books](#) by George Lundberg, MD, Editor-at-Large, *MedPage Today* and former editor of *JAMA* recommends *The Starch Solution***

In his widely published Internet review, Dr. Lundberg tells us: "Yes, I have been using a modified (not fanatically dedicated) version of Dr. McDougall's starch diet since he sent me a prepublication version earlier in 2012 and asked for a marketing cover blurb."

The N is 1, me, but it worked -- I have lost 13 pounds, mostly fat, and added substantial muscle. Of course, I also have a personal trainer and work out a lot. Living in the California wine country, my modified 'vegan' diet lets me still enjoy my wine."

He graciously reviews our book within these insights: "Eat all you want; any time you want. Statements that sound too good to be true usually are ... too good to be true. But, *The Starch Solution*, richly referenced for science, but gracefully written for consumers, just might be both good and true."

Dr. Lundberg's experience emphasizes an important principle of *The Starch Solution*: "this is not an all-or-nothing approach."



I am honored by his words, especially considering that they are from such a famous, highly-educated, critical, and science-oriented source.

\*Dr. Lundberg served as the editor of the *Journal of the American Medical Association* for 17 years (1982 to 1999). His editorial responsibility included its 39 other medical journals, including *American Medical News*. He was past president of the American Society of Clinical Pathologists.