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Dr. McDougall's Digestive Tune-Up

By John A. McDougall, Howard Bartner



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Thousands of people will be able to benefit from the medical advice found in Dr. McDougall's Digestive Tune-Up. This life-changing information shows how to heal intestinal illnesses through a noninvasive approach of diet and lifestyle changes.

According to Dr. McDougall, constipation, hemorrhoids, ulcers, IBS, and colitis are a few of the chronic digestive disorders that can be prevented and cured by eating a low-fat, cholesterol-free, plant-based diet. The reasons for this become apparent through a series of "office visits" by two fictitious, middle-aged patients who seek medical intervention in order to regain their health.

Through these "visits" readers learn:

- how their digestive system works
- to identify the root causes of intestinal discomfort
- why "friendly" bacteria are necessary for overall health
- how to take control of the healing process
- how to avoid surgical procedures & expensive medications

This book covers topics that are often taboo in common conversation with a candid, often humorous look. Easy to understand, the information covered will enable everyone to make more informed medical decisions and wiser dietary choices.



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Editorial Review

Review

Dr. John McDougall breaks through cultural taboos with a candid, humorous look at how the digestive tract functions. Join Dr. McDougall in his office as he motivates two of his middle-aged patients to make wiser lifestyle choices in order to regain their digestive health. Learn how a low-fat, cholesterol-free, plant-based diet can prevent and cure constipation, hemorrhoids, IBS, and other chronic intestinal disorders. Readers will also be able to understand the workings of their digestive system in layperson's terms.

About the Author

John McDougall, MD, is a medical maverick who challenges medical and pharmaceutical businesses when they prioritize profits over patients. For the past 30 years he has countered mainstream misinformation with the fat-free truth and nutrition and your health.

Dr. McDougall, along with his wife Mary, offers his life-changing approach through national-best-selling books, DVDs, seminars, and the McDougall Live-In Programs in Santa Rosa, CA.

Other books include The McDougall Program for a Healthy Heart, The McDougall Plan: 12 Days to Dynamic Health, and The McDougall Program for Women.

Users Review

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