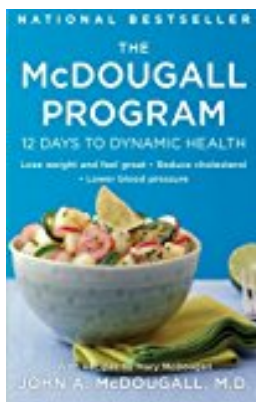


# [PDF] The McDougall Program: 12 Days To Dynamic Health (Plume)

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**Books Details:**

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## Description:

**Review** "Dr. John McDougall is a true pioneer in using low-fat vegetarian diets to treat and help prevent a variety of diseases."

□Dr. Dean Ornish, author of **Dr. Dean Ornish's Program for Reversing Heart Disease**

"This book is not just another diet book. It is, perhaps, the best practical guide to nutritional well-being ever written."

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"It's a wonderful book!"

□William c. Roberts, M.D., editor in chief of **The American Journal of Cardiology**

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"A bountiful supply of nutritional self-help information □ For people who are just now being initiated into taking charge of their own lives, overcoming disease, and maximizing wellness, this is the essential first step. □ Dr. McDougall will be taking his place along with Carlton Fredericks, Linus Pauling, and Adelle Davis."

□Gary Null Ph.D., author of **A Complete Guide to Health and Nutrition**

**About the Author John McDougall, M.D.**, is the author of many previous books, including **The McDougall Program**, **The McDougall Program for Maximum Weight Loss**, and **The New McDougall Cookbook**. He is the founder and director of the McDougall Program at St. Helena Hospital in Napa Valley, California, and has a nationally syndicated television show as well as a weekly radio program. He lives in Santa Rosa, California.

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