



# The Starch Solution: Eat the Foods You Love, Regain Your Health, and Lose the Weight for Good!

By John McDougall, Mary McDougall

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**The Starch Solution: Eat the Foods You Love, Regain Your Health, and Lose the Weight for Good!** By John McDougall, Mary McDougall

From Atkins to Dukan, fear of the almighty carb has taken over the diet industry for the past few decades--even the mere mention of a starch-heavy food is enough to trigger an avalanche of shame and longing. But the truth is, carbs are not the enemy. Now, bestselling author John A. McDougall, MD, and his kitchen-savvy wife, Mary, prove that a starch-rich diet can actually help readers lose weight, prevent a variety of ills, and even cure common diseases. By fueling the body primarily with carbohydrates rather than proteins and fats, readers will feel satisfied, boost energy, and look and feel their best.

Including a 7-Day Sure-Start Plan, helpful weekly menu planner, and nearly 100 delicious, affordable recipes, *The Starch Solution* is a groundbreaking program that will help readers shed pounds, improve their health, save money, and change their lives.

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- Sales Rank: #10583 in eBooks
- Published on: 2013-06-04
- Released on: 2013-06-04
- Format: Kindle eBook



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## **Editorial Review**

### **Review**

“Dr. John McDougall is the dean of medical practitioners in nutrition-centered medicine because of his incredible accomplishments, knowledge, and courage to stand up for what he believes. Thousands of his patients know him as an icon. When you read this book, you will too.” *T. Colin Campbell, PhD, coauthor of The China Study*

### **About the Author**

JOHN A. McDougall, MD, has co-authored many bestselling books with his wife, Mary, and is featured in the documentary and book *Forks Over Knives*. He cares for patients and teaches medical doctors and students at the McDougall Live-In Program in Santa Rosa, CA.

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**Kimberly Johnson:**

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