

## Outline Notes For McDougall World Geography

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the mcdougall team includes world class educators and experienced practitioners and professionals our goal is simple help people

regain their health

expand your education and confidence in a starch based lifestyle with dr john and mary mcdougall s best selling books and library of podcasts and videos

the mcdougall program is a diet of plant foods including whole grains and whole grain products such as pasta tortillas and whole grain bread and a wide assortment of vegetables and fruit we use

dr john mcdougall was a physician speaker and best selling author who taught the importance of a whole food starch based diet in order to halt reverse and heal chronic disease he co founded the

12 day mcdougall program participants experience significant weight loss without hunger or calorie counting relief from chronic fatigue pain and digestive issues lower cholesterol blood pressure and

have questions we re here to help contact us today to get the help you need for your health journey with the mcdougall program

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