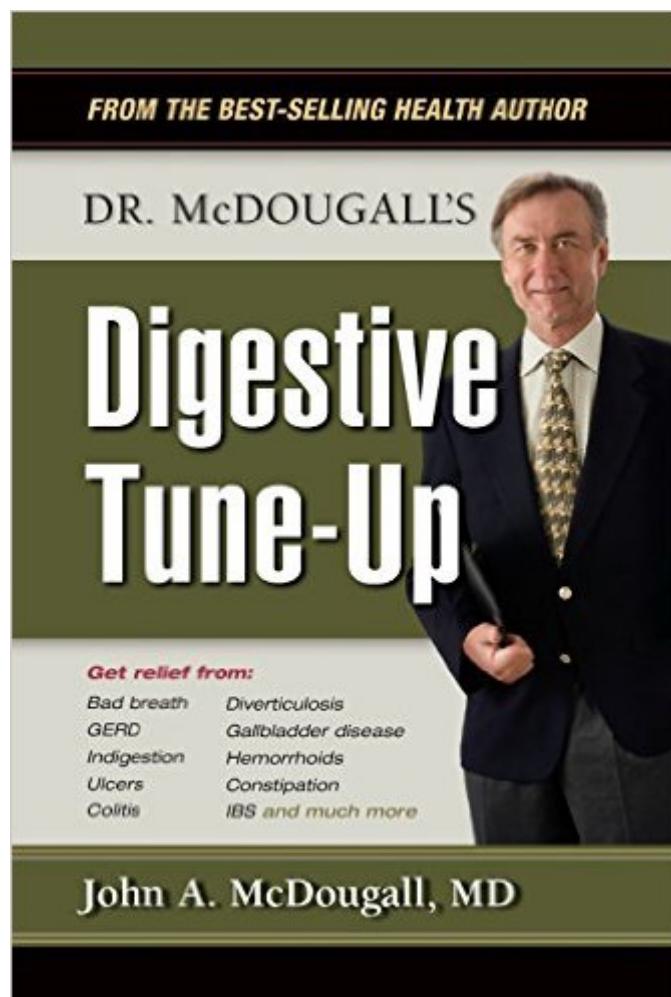


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Dr. McDougall's Digestive Tune-Up



Synopsis

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. Anyone with digestive problems will be able to benefit from this noninvasive approach for healing intestinal conditions. You'll find information on how to understand the workings of your digestive system, identify the root causes of digestive discomfort, find out why friendly bacteria are necessary for overall health, and avoid surgical procedures and expensive medications. This knowledge will enable you to take control of the healing process. Dr. John McDougall has been studying, writing and speaking out about the effects of nutrition on disease for over 30 years. He offers his changing approach to optimal health through his books, dvds, seminars, and live-in treatment programs. Color illustrations.

Book Information

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Customer Reviews

"The food you put into your body is the single most powerful factor that determines your health and well being." - Dr. John A. McDougall, MDThis challenging theme underlies all of Dr. McDougall's writings. Genetics and one's exercise habits are important, but for most people most of the time, the food you eat trumps everything else in determining your overall health. In this book Dr. McDougall focuses on how food affects the health of the body's digestive system. This book takes you on a tour

of your digestive system starting with your mouth, and progressing through your esophagus, stomach, liver, gallbladder and bowels. Dr. McDougal discusses the major conditions/diseases that afflict each of these organs. He explains through his own experience and scientific research how poor diet creates the problems most commonly suffered, and how a change in diet can relieve these problems. He also explains how problems in one particular area, the bowels, can trigger problems throughout the entire digestive system. This book is for you if you suffer from any one or more of the following digestive conditions/diseases: bad breath, tooth decay, acid reflux - GERD, indigestion, ulcers, gallstones, liver cirrhosis, appendicitis, diverticulitis, IBS, constipation, hemorrhoids, varicose veins, hiatus hernia, colitis, colon polyps. Dr. McDougall explains that a healthy person shouldn't suffer from these conditions. But if you do, a change in diet will usually be sufficient to eliminate or greatly reduce the problem. Dr. McDougall advocates a low-fat, plant based vegan diet as the simple solution to these commonly suffered digestive conditions and diseases. This simple solution sounds startling in our era of high-tech medical treatment, drugs and surgery.

Why is it surprising that this diet works so well at restoring digestive health? That was the question I set out to answer, once I gave the program an honest effort and saw the amazing results. I hadn't been a vegan, and still do not entirely agree with that dietary regimen, but I followed Dr. McDougall's vegan program as he outlines it in *Digestive Tune-Up* (I cheated with a little coffee). Previous to McDougall's diet, my digestion had been terrible. I had a huge bloated belly, chronic constipation, and low energy. It seemed that no matter what I ate, I had trouble digesting it. For the previous two years, I had been eating Paleo-style. The only thing the Paleo gurus taught me was that if you want to have about one BM per week, go ahead and eat a ton of meat. Then try correcting the problem with heaps of veggies so you can add gas, cramps, and bloat to your list of digestive woes. One of the major tenets of the Paleo philosophy is this: Keeping blood sugar down is essential to good health and longevity. (Translation: All carbs are the devil. Carbs raise blood sugar which raises insulin, which is an inflammatory hormone. Also, all carbs are equally malicious because they all turn into "pure sugar," and sugar is the fodder of yeast, bacteria, and cancer). Among the Paleo community, "starch" might as well be a four-letter word. Rice and potatoes are viciously maligned because of their impact on the sacred blood sugar dogma. To make matters worse, many Paleo gurus suggest that fiber is not particularly important. One overweight Paleo advocate even goes so far as to say that if you drink enough water, fiber is unnecessary. Sure, whatever. Keep eating those sticks of butter for breakfast.

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