

## Holt Mcdougal Biology Power Notes

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use the mcdougall program to transform your health through a healing diet and lifestyle and regain your health in under 2 weeks book a consultation today

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read the latest on serious health related issues and what you can do about them hear success stories from people who were helped by the mcdougall program

john mcdougall md is a physician speaker and author who teaches the importance of a whole food starch based diet in order to heal chronic disease

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

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

a leading dietary program to reverse and heal chronic illnesses through a whole food starch based diet and lifestyle

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

jun 12 2021 12 day mcdougall health menu you will notice there are two options for each meal the first option is mary s mini mcdougall diet this will always be the simplest and healthiest option

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