



Dr. McDougall's Digestive Tune-Up

John A. McDougall, Howard Bartner

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Thousands of people will be able to benefit from the medical advice found in Dr. McDougall's Digestive Tune-Up. This life-changing information shows how to heal intestinal illnesses through a noninvasive approach of diet and lifestyle changes.

According to Dr. McDougall, constipation, hemorrhoids, ulcers, IBS, and colitis are a few of the chronic digestive disorders that can be prevented and cured by eating a low-fat, cholesterol-free, plant-based diet. The reasons for this become apparent through a series of "office visits" by two fictitious, middle-aged patients who seek medical intervention in order to regain their health.

Through these "visits" readers learn:

- how their digestive system works
- to identify the root causes of intestinal discomfort
- why "friendly" bacteria are necessary for overall health
- how to take control of the healing process
- how to avoid surgical procedures & expensive medications

This book covers topics that are often taboo in common conversation with a candid, often humorous look. Easy to understand, the information covered will enable everyone to make more informed medical decisions and wiser dietary choices.

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William Emmer:

The actual book Dr. McDougall's Digestive Tune-Up has a lot of knowledge on it. So when you read this book you can get a lot of benefit. The book was authored by the very famous author. The writer makes some research just before write this book. This kind of book very easy to read you will get the point easily after perusing this book.

Donald Lester:

Dr. McDougall's Digestive Tune-Up can be one of your nice books that are good idea. We recommend that straight away because this guide has good vocabulary that will increase your knowledge in vocab, easy to understand, bit entertaining but nonetheless delivering the information. The copy writer giving his/her effort to get every word into satisfaction arrangement in writing Dr. McDougall's Digestive Tune-Up although doesn't forget the main stage, giving the reader the hottest and based confirm resource facts that maybe you can be one of it. This great information may drawn you into fresh stage of crucial contemplating.

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