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AND MARY McDOUGALL

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Starch Solution Dr Edgar Collin, 2020-12-03 Fear of the almighty carb has taken over the diet industry for the past few decades from Atkins to Dukan 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 Based on the latest scientific research this easy to follow plan teaches you what to eat and what to avoid how to make healthy swaps for your favorite foods and smart choices when dining out Including a 7 Day Sure Start Plan helpful weekly menu planner and delicious affordable recipes The Starch Solution is a groundbreaking program that will help you shed pounds improve your health save money and change your life Summary of John A. McDougall and Mary McDougall's The Starch Solution Milkyway Media, 2022-05-12 Buy now to get the main key ideas from John A McDougall and Mary McDougall s The Starch Solution In The Starch Solution 2012 Dr John A and Mary McDougall advocate for a simple starch based diet Starches are clean healthy and filling foods that provide fueling energy nourishing calories and essential nutrients to the body Though starches are often villainized as a source of fat by the food industry the McDougalls assert that they offer long lasting benefits Followers of their program regain control of their appearance and health achieve permanent weight loss and even live longer The McDougalls back up their program with extensive references to scientific studies It s also an easy plan to follow as the McDougalls include detailed descriptions of the world s best and worst foods and plenty of recipes to get you started Simple & Practical Starch Solution Diet Ian Bieber, 2014-04-05 Starch Solution is the most common form of carbohydrate is a good source of energy fibre Natural human diet is based on Starches Starch Solution is very low in fat 1% to 8% of their calories contain no cholesterol its health

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