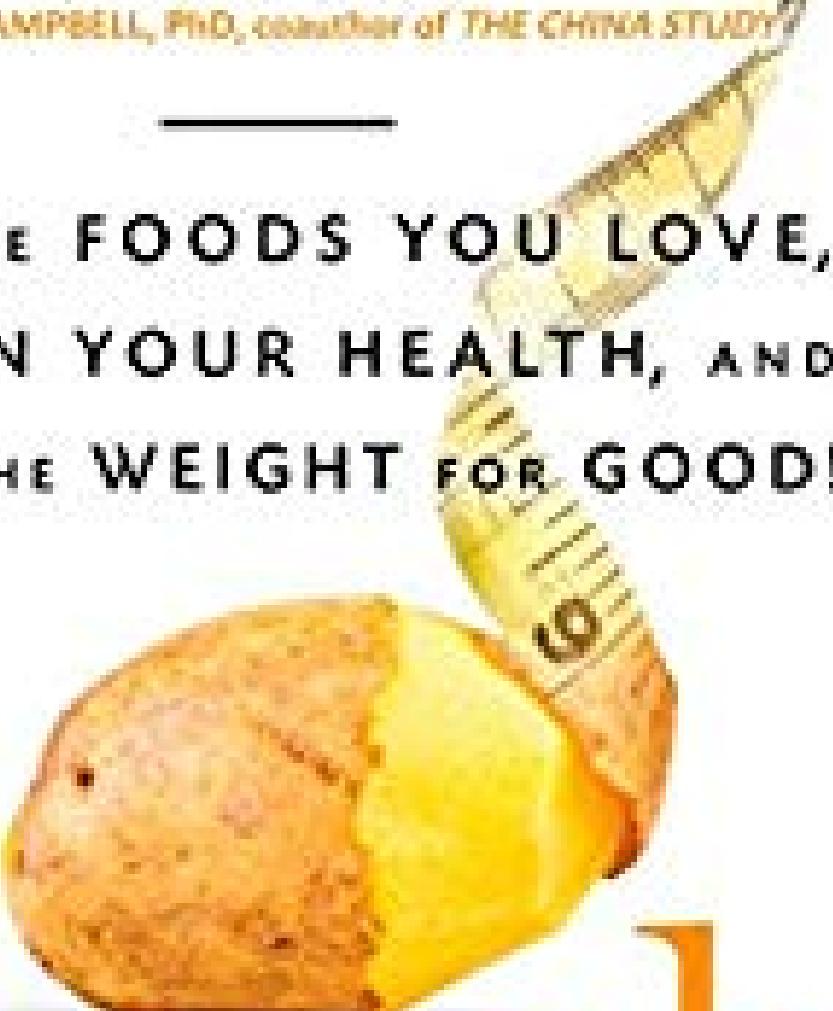


"Dr. John McDougall is the dean of medical practitioners in nutrition-centered medicine because of his incredible accomplishments, knowledge, and courage to stand up for what he believes. Thousands of his patients know him as an icon. When you read this book, you will too."

—T. COLIN CAMPBELL, PhD, coauthor of *THE CHINA STUDY*

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EAT THE FOODS YOU LOVE,  
REGAIN YOUR HEALTH, AND  
LOSE THE WEIGHT FOR GOOD!



The  
**Starch  
SOLUTION**

**JOHN A. McDougall, MD  
AND MARY McDougall**

John McDougall and

## The Starch Solution: Eat the Foods You Love, Regain Your Health, and Lose the Weight for Good!



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Fear of the almighty carb offers taken over the dietary plan industry for recent decades—Bestselling author John A. Grab that loaf of bread!from Atkins to Dukan— McDougall and his kitchen-savvy wife, Mary, prove that a starch-rich diet can in fact help you lose pounds, prevent a variety of ills, and also cure common diseases. But the truth is, carbs are not the enemy! This doctor-approved method enables you to keep the carbs and shed the pounds!actually the mere reference to a starch-heavy food is enough to trigger an avalanche of shame and longing. By fueling the body mainly with carbohydrates instead of proteins and fats, you will feel satisfied, boost energy, and look and feel your best.Including a 7-Day Sure-Start Plan, useful weekly menu planner, and nearly 100 delicious, affordable dishes, The Starch Solution can be a groundbreaking program that will help you shed pounds, improve your wellbeing, cut costs, and change your daily life.



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IT'S ABOUT STARCHES (POTATOES, RICE AND BEANS)Click the key if this review helped you at all. Great book! I've dropped 75 pounds in under a year on this way of eating! I just eliminated the essential oil when my weight loss slowed up! My type 2 diabetes is under control with 10u of Lantus insulin, BP is now 117/76 from 132/86, my eyesight provides improved dramatically and had to get new glasses. My inflammatory arthritis offers improved to where I no longer need Hydrocodone for the pain, simply 1 aspirin twice a day. You will regain health insurance and lose weight! For motivation I have used recipes from YouTube movies Potato Strong (simple and reliably good) and High Carb Hannah (a little more innovative plus she reduces carbs/fats/proteins and calories). I have adopted the outlines of Dr. McDougall's method of eating and can never once again follow the Standard American Diet that promoted the ailments in me.If you're at all interested in this program, choose the publication.. I am well on my method to health, by following your simple guidelines! THE BEST BOOK! They provide lots of great dishes, but if you don't loooove cooking, id recommend making fundamental foods (for dinner tonight I had corn tortillas, corn, black coffee beans, and rice with a small amount of hot sauce drizzled in it - took my maybe 10 minutes to make (utilized microwaveable frozen rice) and it was a satisfying meal). Really like this book! Go on a walk or join a gym, dedicate you to ultimately meal prepping and making your meals for the week (that is anecdotal but I've observed the food you take in is 80-90% of your weight loss - the workout is minuscule compared to it - unless you have the time to workout, or only time and energy to food prep or workout, do the food prep. The starch answer its a great reserve to learn how exactly to possess a healthy diet plan and debunks the theory that all carbohydrates cause you to fat. My vitality is also much higher.McDougall also offers other books but the starch answer is updated and it will teach you everything you need to understand about nutrition.I couldn't be happier on the Starch Solution diet plan. McDougall for leading me in the proper direction after so a long time of yo-yo dieting! I've Under no circumstances Looked Or Felt Better Over 12 months ago, I started a regular workout routine because I was tired of being overweight.I recommend this publication to anyone who actually has an open brain and really wants to learn. I highly recommend this book.. This Book Changed My Life. its readable too!THIS BOOK ISN'T ABOUT SOY..Regardless of what I am eating, it's comforting to learn that I can eat until I'm full, and that the foods I'm eating are satisfying.Lose the Weight, Regain your Health! :) Real health solutions This book is chock full of great information. I have lost 32 pounds in 10 weeks, lowered my blood circulation pressure, reversed my diabetes, stabilized my kidney function and fatty liver. Occasionally I'll add dates when Personally i think I need the excess boost. McDougall. I bought this book because of a suggestion from a friend. Great for All Body Sizes and An easy task to Follow! At 5'8" I wasn't horribly huge but I had the beginnings of a gut, was rounder atlanta divorce attorneys part of my body including my encounter, and I simply didn't feel good. I had previously attempted Atkins before but after learning about the treatment of animals I switched to being a vegetarian and I was dropped because I was still in the low carb mindset and struggled to get anything satisfying aside from the Boca Burgers I would eat.Following this past year I had gotten up to my highest weight ever, nearly 200 pounds. I had been a vegetarian for a year but my diet primarily consisted of boca burgers and a bunch of other processed foods that were absolutely not healthy. Browse the book once completely, then reread another section of how exactly to perform it. McDougall after looking around on YouTube for vegan achievement stories. Large Carb Hannah initially led me in the path, and after I viewed every video I possibly could find of McDougall I was unquestionably in. Good information! I had only

watched the movies online and didn't realize that I needed a wider knowledge base to lean on to be able to lose the pounds successfully. Stick with the staples of rice, oats, potatoes, quinoa, etc. It's been 9 weeks on the Starch Remedy and I've shed 18 pounds. I understand people drop a lot more excess weight in that amount of time typically, but I haven't been 100% following program at every instant but each and every time I stray away with meals when I'm out or something I be sure to get back on course the next meal. I've been lifting weights (a program called "Stronglifts" that is focused on building strength by starting low to gain good form after that to build up progressively each workout - Google it if you're interested I would highly, recommend it) in addition to working a job that will require me to be outdoors and moving. Just forget about counting calorie consumption, starving or doing crazy diets. My primary staples for my morning hours is immediately oats with a banana, almond milk, and cinnamon. I highly recommend everything from Dr. For a while I was taking in quinoa, black coffee beans, and nice potatoes for lunch and supper with cucumbers and hummus as snack foods throughout the day, but I've been switching things up lately.. What's all important to note is that I could be doing better still with this diet easily: A - Ramped up the diet to maximum weight reduction with 45% caloric intake as starches and 45% as vegetables (I really believe that is the ratio stated in the publication) or B - Cut out the minimal added natural oils in my diet found in the hummus I consume (Classic Sabra hummus) or the tiny bit of olive oil I utilized when meal prepping a big matter of diced potatoes. I've an objective weight of 160 pounds that I hope going to by 1/11/18, which will have been 8 months since We started my latest weight loss trip. I'm confident that I will continue to see outcomes, and am delighted that I know I could take it up another notch easily hit a plateau. This is worth the money Great read! Thank you, Dr. Do what works for you in it. I want I would have go through it sooner! The body will react better and eventually situations could alter and you can work workout in. I now look and feel better than I've ever sensed in my own life. Then, like nearly every McDougall story, I found a video of Dr. That's when I finally made a decision to buy the Starch Option and I haven't looked back since. Try to stay away from processed foods, and keep your meal prep recipes basic. **COMPLETELY CHANGED MY ENTIRE LIFE!** After weeks and months, I lost pounds, but nonetheless couldn't lose the pounds I wanted and **STILL** experienced drained and lethargic during the day.. this is actually the book. I wish you the very best on your trip, and hope that you could turn into a fellow Starchivore Warrior once we all work to regain our health and wellness and assist in saving the animals and the earth while we do it! I tried modifying my diet plan and that didn't work. I've tried the Atkins Diet and that was a complete mess. I felt horrible every day and may barely sleep. 1 day, my brother connected me to a Ted Talk to Dr McDougall and I heard about the McDougall diet and since I had attempted everything, I figured I might as well buy this book and give it a try. After 1-2 weeks, my health drastically improve and I began slimming down like I've by no means lost before. I extremely, highly suggest that). Annoying read with unhelpful advice Reading this book is similar to going to a family group reunion and talking to that uncle who's enthusiastic about an odd hobby you do not care about. This really works to restore your health. I shake my head at the big companies attempting to lie their way into more profits at the expense of our wellness. The point of my review isn't to bore anybody with my entire life tale and where I'm at right now: I decided to dedicate so enough time to it because I read through countless evaluations and tales and testimonials searching for an answer and over time they built up the confidence essential to make the leap and regain my health. Great dishes! The first weeks were challenging because I wasn't losing much weight. ???? Life Changing I bought this book in a

whim and couldn't put it down once We started reading. I finished it in one night and totally changed my method of eating thereafter. My cholesterol is down 40 factors and my weight is certainly down 20 pounds.If you're a vegan you need to read thisIf you are not a vegan but want to learn or need to learn how to eat healthy this is the book.By the way. How to take control of your wellbeing and life Excellent, well researched, good sense and practical book for taking control you will ever have and health. Super easy to follow diet. It works extremely well for me Have read all of Dr. McDougall's books - this is the simplest and quickly understandable of these all. Whoever knew that rice, potatoes, and coffee beans, the absolute most affordable grocery items were the key to a healthy body? Once I recognized that RICE elevated my blood sugar levels I eliminated it and within 3 days all my figures were back again to normal.I've followed a complete foods, plant based, zero oil diet and have NEVER been hungry or left the desk unsatisfied. Plus quality recipes from the books and Dr. McDougall's website. Very easy to follow. The dietary plan is hard adjust fully to at first, but once you begin, you'll have a VERY hard time heading back. He just continues rambling on and on about it and you simply wish he'd get to the point already. Become a Starchivore Warrior! I followed the diet for a month. I didn't lose weight. I actually obtained weight on it. Need to heed food is culprit or friend Have just started but a powerfully required nutritional resource A WHOLESOME WAY TO LIVE Dr. McDoughal's publication makes so much feeling, has research to back it up and bands accurate. Interesting read for certain and follows based on the Whole Food Plant Structured revolution. My chronic headaches have got disappeared and I'm off all medications and vitamins which saves me hundreds of dollars each month! This book has changed my life. I could eat until complete, and weigh less than before I got my 3 kids. I have no pains and aches, and am on no medications, despite terrible health issues on both sides of my children. Thank you, Dr. McDougall!



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