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John McDougall, M.D., Is The Author Of Many Previous Books, Including The McDougall Program, The McDougall Program For Maximum Weight Loss, And The New McDougall Cookbook. His Latest Title Is The Healthiest Diet On The Planet: Why The Foods You Love-Pizza, Pancakes, Potatoes, Pasta, And More-Are The Solution To Preventing Disease And Looking And Feeling Your Best. Apr 4th, 2018

John A. McDougall - Wikipedia

John A. McDougall (born May 17, 1947) Is An American Physician And Author Who Is The Co-founder, Chairman, And Sole Board Member Of San Francisco-based Dr. McDougall's Right Foods Inc. He Has Written A Number Of Diet Books Advocating The Consumption Of Low-fat, Starchy Food. His Diet—The McDougall Plan—is A Fad Diet That Carries Some Possible Disadvantages, Such As A Boring Food Choice ... Oct 2th, 2018

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