

**The McDougall Program For A Healthy Heart: A Life-Saving Approach To Preventing And Treating Heart Disease By John A. McDougall**

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Mar 31, 1995 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

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The McDougall Program was created by Dr. John A. McDougall, an author, physician and health advocate. The McDougall Program, also called the McDougall Diet, is a well

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John A. McDougall is an American physician and author whose philosophy is that degenerative disease can be prevented and treated with a low-fat, whole foods, plant

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