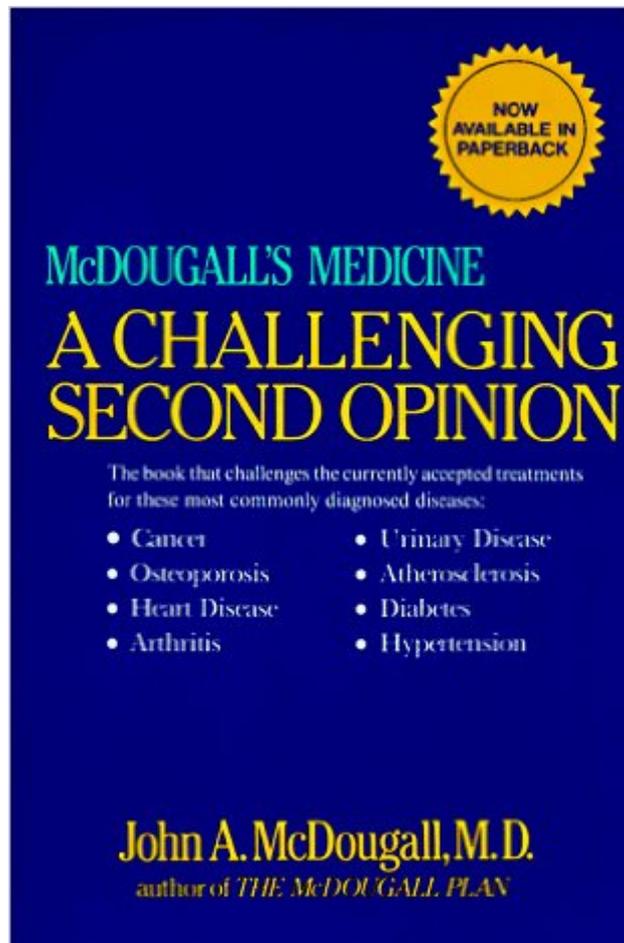


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A Challenging Second Opinion



Synopsis

With his question-and-answer format, John McDougall leads the readers to an understanding of an approach to their health that puts them in charge of their own health and/or treatment.

Book Information

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Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (16 customer reviews)

Best Sellers Rank: #173,455 in Books (See Top 100 in Books) #26 in [Books > Parenting & Relationships > Family Health](#) #772 in [Books > Health, Fitness & Dieting > Alternative Medicine > Healing](#)

Customer Reviews

I have referred this book to friends for over ten years, and have bought many copies over the years to give to friends with severe health problems. I applaud Dr. McDougall's work in, and emphasis on, preventive medicine. He shows a person how to take control of their own health. You don't have to be sick. You don't have to be a victim of genetics or the victim of the pathology-based symptom-treating medical community. I loaned the book to a friend a number of years ago when he was experiencing chest pains and was scheduled for angioplasty. He declined the angioplasty, changed his diet, and has not had chest pains again. He then loaned it to a friend who had had a massive heart attack - his friend changed his lifestyle, too. I wish Dr. McDougall would revise and update the book to include his writings on other health problems that can be treated with a change in lifestyle - e.g., depression and multiple sclerosis.

This is an extraordinarily good book that explains in detail how the standard American diet causes most of the major chronic diseases that people suffer from today, and also explains what you can do about it. Each chapter focuses on a different disease. Dr. McDougall explains how the standard medical approach treats only the symptoms, but not the causes, of such chronic diseases. He then demonstrates (with extensive references to the scientific literature) how a low-fat diet based

primarily on vegetables, fruits, grains, and legumes can help to prevent and/or cure these diseases. This book was published in 1986, but it remains both valid and useful today. (Indeed, it seems like every day another scientific study is published demonstrating the importance of eating a mostly plant-based diet.) The only slight drawback is that the book does not give much information about the practical implementation of the eating plan. (For readers interested in such information, I would recommend "The McDougall Plan" and "The McDougall Program: 12 Days to Dynamic Health.")

I reduced my lipids from sky-high to normal by following McDougall's advice. It is comical to see other reviewers trashing the book and claiming that starch makes you fat. It is processed foods devoid of fiber and high in animal content that make fat. I met McDougall in person and the man is thin as a reed. So am I (now). I went to my university library to check McDougall's claim (in 1986) that the story on cholesterol had been known for 20 years already. I checked out a medical research book entitled 'Cholesterol'. All of the information McDougall cited on cholesterol is in that book, written in the 1960's. This is one of the oldest medical stories in the USA and the Atkins fanatics are still trying to start a meat religion. The best conclusion is that Atkins collapsed and died of congestive heart failure while obese and his family covered it up claiming he fell accidentally and then got pumped with fluid in the hospital. No, sorry. The Atkins propaganda machine may be going strong but the diet will kill you.

It is one of the best decisions we ever made at our house, changing what we eat. One of the best things about it is we can now eat as much as we want. It's really just a matter of changing your tastes to like veggies, grains and fruits instead of the high fat flesh products. One of the reasons we changed was because we noticed that even cutting back on the standard American diet is still not good. You really have to change your diet (not a change just to lose weight and then go back, but a true change). Our local school serves french fries four days a week (I know, vegetarian, but it's not good). This told us how far society has come to try and fix things with a pill or shot and how much change had to start with me and my home. This book really speaks the best medicine is what we eat.

It's a 15 year old book. And of course Dr. McDougall has written many other newer books on similar subject matter. Even so, it would sure be nice if he would revise this one. A real classic.

I cannot more highly recommend any books by McDougall. This doctor has been a patient advocate

since before his first book published in 1980. If you wonder why surgeons always recommend surgery or why you have to see your doctor every time you need a refill or just would like a realistic take of the effect of diet on chronic disease, there is no better book.

John McDougall, M.D. levels with you about your health and your use of drugs. For instance, the cancer industry (and I deliberately call it that) will tell you that you need chemo and radiation, no matter what stage your disease. McDougall reveals your true options. Most people don't know that eating whole plants with no added fat is the best medicine for any disease. That's right, any disease. Sure, if you have an obstructive tumor, have it out, then "let food be your medicine, and your medicine be your food." The same with heart disease. Cardiac surgeons wish to practice their craft on you. It's what they're trained to do. But a starch-based, whole plant diet not only prevents, but reverses heart disease. If you think that's radical, try letting a surgeon split open your chest, slice a vein out of your leg and graft it to your heart! Me? I'll eat my starch based diet first!!'ve read four of McDougall's books and my husband and I practice the plan. It works and we have the "numbers" to prove it.

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