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The Starch Solution: Eat The Foods You Love, Regain Your Health, And Lose The Weight For Good!

"Dr. John McDougall is the dean of medical practitioners in nutrition-oriented 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

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



The
Starch
SOLUTION

JOHN A. McDOUGALL, MD
AND MARY McDOUGALL



Synopsis

From Atkins to Dukan, fear of the almighty carb has taken over the diet industry for the past few decades--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. Now, bestselling author John A. McDougall, MD, and his kitchen-savvy wife, Mary, prove that a starch-rich diet can actually help readers lose weight, prevent a variety of ills, and even cure common diseases. By fueling the body primarily with carbohydrates rather than proteins and fats, readers will feel satisfied, boost energy, and look and feel their best. Including a 7-Day Sure-Start Plan, helpful weekly menu planner, and nearly 100 delicious, affordable recipes, *The Starch Solution* is a groundbreaking program that will help readers shed pounds, improve their health, save money, and change their lives.

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Customer Reviews

For years, even before it was trendy, I was interested in the "paleo diet", which asserts that if we eat like our early ancestors did before the dawn of agriculture, we will be much healthier because our species evolved on the hunter gatherer lifestyle, not based on an agricultural lifestyle. In other words, homo sapiens have been surviving for 200,000 years predominantly on animals (meat, fish, fowl),

fruit, nuts, and vegetables. We didn't evolve to consume milk throughout life (especially that of another species) or grains, or beans. One of the implicit arguments is that we didn't evolve to be consumers of starch, but the agricultural revolution starting around 10,000 years ago changed that, and the change has not been for the better. That is the premise of the paleo diet. Dr. McDougall, unlike the vast majority of authors who have backed away from the stance that a low fat high carbohydrate diet is healthy for humans, sticks to his guns and provides a cogent counter-argument to the paleo premise. He claims that humans evolved on starch, and that all forms of animal tissue (protein, fat, cholesterol) degrade health. It's a bold stance in a world that has turned away from the low fat high carb diets that were popular in the 1980's. Dr. McDougall claims that civilization was built on starch, and he's right. Without the cultivation of grains, beans, potatoes, etc., civilization as we know it would not exist. The hunter gather lifestyle cannot support the population density required to invent and build cities, roads, ocean vessels, steam engines, electricity, medicine, technology, etc. Without starch, paleo dieters wouldn't have even been born to discuss the evils of starch with each other on the internet.

Want to lose a few pounds in a couple weeks? Read a diet book, ANY diet book. Want to become healthy, lose weight and feel great for life? Read *The Starch Solution*. When a friend or patient asks "where do I begin" This book will be at the top of my recommended reading list. I will tell them to begin their journey with *The Starch Solution*. On a chance mountain bike ride, I met a physician that said he could only cure one condition, bacterial infections. The diseases that are so common to our world are only managed. However, he shared, that through nutritional counseling, he is beginning to help people heal themselves. Rather than preach throughout our ride, he said, "Watch Forks over Knives and read *The China Study*." I began there. Then I discovered Dr. McDougall and his wife, Mary. Soon the value of the words I was digesting became crystal clear. My mother was diagnosed with uterine cancer and patients, friends and family began sharing recent medical afflictions. In the four months that I have been on my journey, I have seen one friend die of bladder cancer, another has grade 4 pancreatic cancer. I am committed to a *Starch Solution* lifestyle. My cholesterol has dropped 60 points, BMI is 24 and I feel great. The hills I climb on my bike seem shorter. This month I turn 55 and I am loving life. I believe *The Starch Solution* is the book Dr. McDougall has always wanted to write. He pulls no punches, is direct, and presents a plain and simple argument for making changes that will promote health. He challenges you but includes enough footnotes and quoted research to satisfy the skeptics, providing ammunition for those scientifically inclined.

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The Starch Solution: Eat the Foods You Love, Regain Your Health, and Lose the Weight for Good!
Resistant Starch Cookbook: Restore Your Health, Heal Your Gut, and Lose Weight Fast While Eating the Foods You Love! (dozens of recipes with pictures and a 28 day meal plan) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Nutrition: The Resistant Starch Bible: Resistant Starch - Gut Health, Fiber, Gut Balance (Gut Balance, Glycemic, Natural Antibiotics, Dietary Fiber, SIBO, Soluble Fiber, Healthy Gut) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Good Gut: The Next Thing You Should Do If You Want to Heal Your Gut and Improve Your Intestinal Health (good gut guide, gut health, good gut diet) Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole Foods, Whole Food Diet, Whole Foods Cookbook) How To Lose Weight Without Diet and Exercise: How To Lose Weight Without Moving: Rapid Weight Loss: The Lazy Person's Guide For Weight Loss 500 Low Glycemic Index Recipes: Fight Diabetes and Heart Disease, Lose Weight and Have Optimum Energy with Recipes That Let You Eat the Foods You Enjoy 30 Day Whole Food Challenge: 30-Day Whole Food Diet Challenge Recipe Cookbook for Weight Loss Eat healthy, Lose Weight! (Whole Foods, Whole Diet, ... Whole Recipes, Whole 30 Diet Plan) (Volume 1) VB6: Eat Vegan Before 6:00 to Lose Weight and Restore Your Health . . . for Good Low Carb Diet: Lose Weight Your Way with 23 Low-Carb Versions Of Your Favorite Comfort Foods: (low carbohydrate, high protein, low carbohydrate foods, ... Ketogenic Diet to Overcome Belly Fat) Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet, No carbs diet, Low Carbs food list, high protein diet, rapid weight loss, easy way to lose weight, how ... way to lose weight, how to lose body fat)) The KetoDiet Cookbook: More Than 150 Delicious Low-Carb, High-Fat Recipes for Maximum Weight Loss and Improved Health -- Grain-Free, Sugar-Free, Starch-Free ... Paleo, Primal, or Ketogenic Lifestyle Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes (Whole Foods - Clean Eating) The Paleo Diet: Lose Weight and Get Healthy by Eating the Foods You Were Designed to Eat The Paleo Diet Revised: Lose Weight and Get Healthy by Eating the Foods You Were Designed to Eat Alkaline Diet: Your Essential pH Guide with Over 320+ Recipes for Health & Rapid Weight Loss (Lose Weight Effortlessly with Alkaline Foods) The 3:16 JumpStart Diet: The Ultimate Eating Guide for

Thyroid Patients to Eliminate Symptoms, Lose Weight, Regain Energy and Make Life Worth Living Again

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