

**The McDOUGALL PLAN for Super
Health and Life-Long Weight Loss**

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The Mcdougall Plan For Super Health And Life Long Weight Loss

Camilla Rothe



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The McDougall Plan for Super Health and Life-long Weight Loss John A. McDougall, Mary Ann McDougall, 1983

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compulsive eater Moran also tells readers where to find delight in their lives and how to stop obsessing about food so they can stop using it as a drug Reprint A Consumer's Guide to "alternative Medicine" Kurt Butler,1992 An assault on bogus healing claims certainly a justifiable campaign Detracting from the credibility of the author's itemization of unproven cures is his failure to explore the holes and fallacies of conventional medicine Many people who've experienced the discrepancy between what conventional medicine knows and what it really knows will continue to seek help elsewhere At least this compendium can alert seekers to some snake oil sales techniques Annotation copyright by Book News Inc Portland OR

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