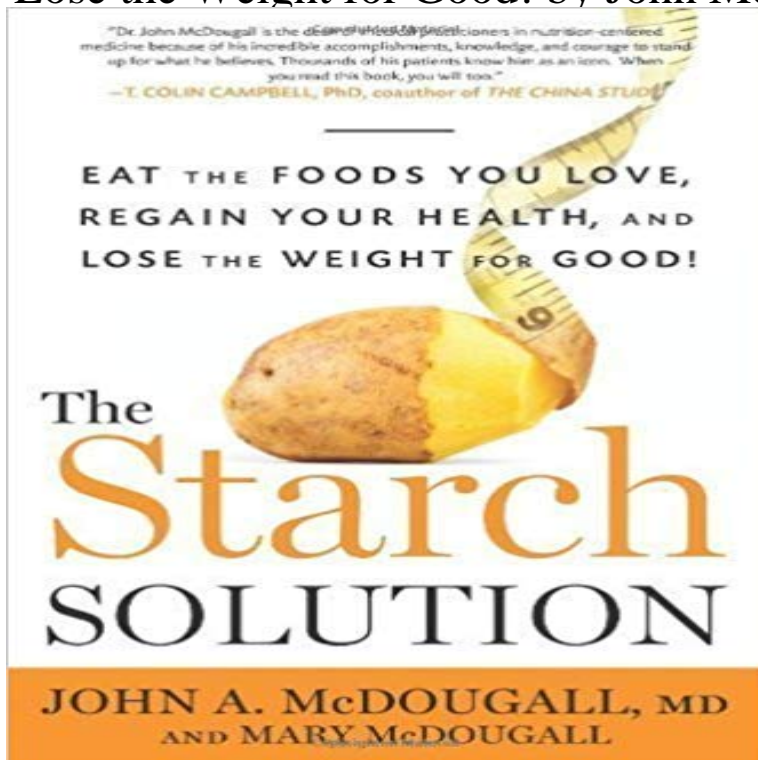


# The Starch Solution: Eat the Foods You Love, Regain Your Health, and Lose the Weight for Good! by John McDougall (May 8 2012)



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The New Atkins Made Easy: A Faster, Simpler Way to Shed Weight and Feel Great -- Starting Today! \$14.79. **The Starch Solution: Eat the Foods You Love, Regain Your Health** Aug 10, 2015 The Starch Solution: Eat the Foods You Love, Regain Your Health, and Lose the Weight for Good! Review. By admin on Weight for Good! This book is authored by bestselling author John A. McDougall, MD, and his kitchen-savvy wife, Mary. Publisher: Rodale Books 1 edition (May 8, 2012) \* Language: **The Starch Solution: Eat the Foods You Love, Regain Your Health** Dr. McDougall grounds The Starch Solution in rigorous scientific fact and research, The Starch Solution: Eat the Foods You Love, Regain Your Health, and Lose the Weight for Good! Rodale, May 8, 2012 - Health & Fitness - 348 pages. **Interview With Dr John McDougall,The Starch solution book** The Starch Solution from John McDougall MD and Mary McDougall arrives May The Starch Solution: Eat the Foods You Love, Regain Your Health, and Lose **The Starch Solution: Eat the Foods You Love, Regain Your Health** The Starch Solution: Eat the Foods You Love, Regain Your Health, and Lose Published May 8th 2012 by Rodale Books Does Dr. McDougall address the complex vs simple carbs issue? .. I did not read this book because I wanted to lose weight, but am interested in books on .. previous 1 2 3 4 5 6 7 8 9 next **The Starch Solution: Eat the Foods You Love, Regain Your Health** The Starch Solution: Eat the Foods You Love, Regain Your Health, and Lose the Weight for Good! 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