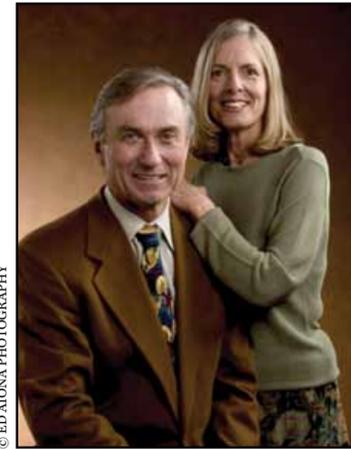


(continued from front flap)

choices when dining out. Starting with a 7-Day Sure-Start Plan, you'll enjoy a variety of foods and snacks that ensure you never go hungry—and still lose weight! You'll also find a helpful weekly menu planner and nearly 100 delicious, satisfying (and affordable) recipes that will become instant classics.

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JOHN A. McDOUGALL, MD, has coauthored many bestselling books with his wife, Mary, and is featured in the documentary and book *Forks Over Knives*. At the McDougall Live-In Program in Santa Rosa, California, he cares for patients and teaches medical doctors and students to avoid drugs and surgery by using food to cure common diseases.

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PRAISE FOR *The STARCH SOLUTION*

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

The Starch SOLUTION

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Diet

FACT:

Carbs are good for you.

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 you lose weight, prevent a variety of ills, and even cure common diseases. *The Starch Solution* is based on a simple swap: By fueling your body primarily with carbohydrates rather than proteins and fats, you’ll feel satisfied, boost energy, and look and feel your best.

Fad diets come and go, but Dr. McDougall has been a proponent of a plant-based diet for decades. His expertise has helped thousands of people to slim down and to regain their health—many of their stories are in this book, including people who have lost more than 125 pounds in mere months, as well as patients who have conquered life-threatening illnesses such as type 2 diabetes, arthritis, and heart disease.

Based on the latest scientific research, this easy-to-follow plan teaches you what to eat and what to avoid, how to make healthy swaps for your favorite foods, and smart

(continued on back flap)