



**Dr John McDougall** - Physician and nutrition expert who teaches better health through vegetarian cuisine. John A. McDougall, MD. has been studying, writing and “speaking out” about the effects of nutrition on disease for over 30 years. He teaches that degenerative disease can be prevented and treated with a plant-based diet of whole, unprocessed, low-fat foods.

His website contains many articles, complete with references, regarding the benefits of diet to treat many of our “diseases of affluence”.

- *The Starch Solution* (2012)
- *Dr. McDougall's Digestive Tune-Up* (2006)
- *The McDougall Program for Women* (1999)
- *The McDougall Quick & Easy Cookbook* (1999)

[Dr John McDougall website](#)

[Recipes](#)

[Medical Information](#)