



The Healthiest Diet on the Planet: Why the Foods You Love-Pizza, Pancakes, Potatoes, Pasta, and More-Are the Solution to Preventing Disease and Looking and Feeling Your Best

By John McDougall, Mary A. McDougall

Tantor Media, Inc, United States, 2017. CD-Audio. Condition: New. Unabridged edition. Language: English . Brand New. High in calories and cholesterol, animal fats and proteins too often leave you hungry and lead to overeating and weight gain. They are often the root causes of a host of avoidable health problems-from indigestion, ulcers, and constipation to obesity, diabetes, heart disease, and cancer. On the other hand, complex carbohydrates like whole grains, legumes, tubers, and other starches provide your body with essential proteins and nutrients that satisfy the appetite while simultaneously fighting illness. But Americans eat far too few calories from carbohydrates-only about forty percent, according to Dr. John McDougall, internationally renowned expert on nutrition and health, featured on the documentary Forks Over Knives. In this book, McDougall takes on the propaganda machines pushing dangerous, high-fat fad diets and cuts through the smoke and mirrors of the diet industry. He offers a clear, proven guide to what we should and shouldn't eat to prevent disease, slow the aging process, improve our physical fitness, be kind to the environment, and be our most attractive selves. Featuring mouth-watering, easy-to-follow recipes, The Healthiest Diet on the Planet will help you look great, feel better,...



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This publication is definitely worth buying. It can be loaded with wisdom and knowledge I am easily could possibly get a satisfaction of looking at a composed publication.

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Very helpful to all type of individuals. It really is rally interesting through looking at time. Its been designed in an extremely basic way which is just soon after i finished reading this pdf through which basically modified me, change the way i believe.

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