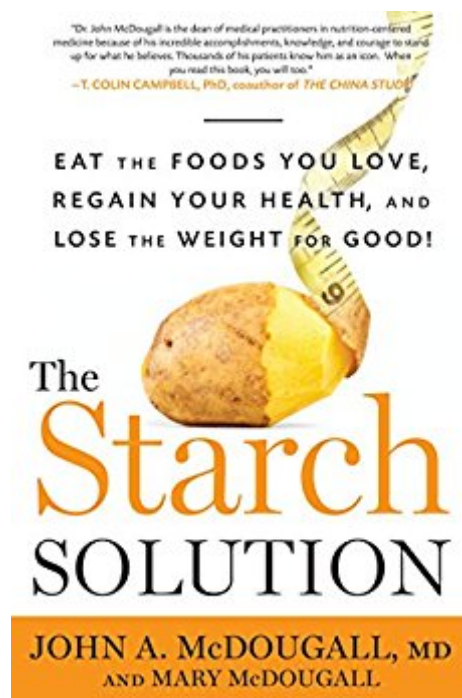




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# The Starch Solution: Eat The Foods You Love, Regain Your Health, And Lose The Weight For Good!



## Synopsis

Pick up that bread! This doctor-approved method lets you keep the carbs and lose the pounds! Fear of the almighty carb has taken over the diet industry for the past few decades--from Atkins to Dukan--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! Bestselling author John A. McDougall 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. By fueling your body primarily with carbohydrates rather than proteins and fats, you will feel satisfied, boost energy, and look and feel your best. Including a 7-Day Sure-Start Plan, helpful weekly menu planner, and nearly 100 delicious, affordable recipes, The Starch Solution is a groundbreaking program that will help you shed pounds, improve your health, save money, and change your life.

## Book Information

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## Customer Reviews

Great book! I've lost 75 pounds in less than a year on this way of eating! I just got rid of the oil when my weight loss slowed down! My type 2 diabetes is under control with 10u of Lantus insulin, BP is now 117/76 from 132/86, my eyesight has improved dramatically and had to get new glasses. My

inflammatory arthritis has improved to where I no longer need Hydrocodone for the pain, just 1 aspirin twice a day. My chronic headaches have disappeared and I'm off all medications and vitamins which saves me hundreds of dollars each month!! I have followed a Whole foods, plant based, no oil diet and have NEVER been hungry or left the table unsatisfied. I have followed the outlines of Dr. McDougall's way of eating and will never again follow the Standard American Diet that promoted the illnesses in me. Thank you, Dr. McDougall for leading me in the right direction after so many years of yo-yo dieting! I am well on my way to health, by following your simple guidelines!

If you are on any medications for chronic conditions, I think you should read Dr. Michael Greger's book "How Not to Die." Even if you are not on medications, read Dr. Greger's book. For the simplest blueprint of a solid shot at reaching age 95, I think you should read Dr. John McDougall's book "The Starch Solution." The blueprint is as follows: eliminate meat, dairy, eggs and separated oils, eat all you want of the satiating complex-starch-centered foods (always prepared without separated oils). This is an excellent level of achievement for the masses that removes the killers and satisfies your appetite. If you want to zoom past age 95 and shoot for age 115, then you're going to have to intelligently diversify your plant diet and embrace the micronutrient fine tuning of Dr. Joel Fuhrman's book "Eat to Live." Dr. Fuhrman is right on. Here again, you'll also reference Dr. Greger's book all the way. Both have a key daily list. Bring it all together by frequently visiting Dr. Greger's website. Dr. Greger scours the tens of thousands of annual journal articles on health and nutrition and keeps us fully up to date. Dr. Greger practices solid first-principle, fact-based logic of the type normally seen in physicists more than in physicians. Dr. Greger is smart and never fooled by poorly designed cohort studies and the red herrings of others' bad assumptions. Dr. Greger presents topical summaries in short videos that are rich in information and delivered often with classic humor. I suspect if we applied these dietary principles to our children from birth, then they'll have a legitimate shot at living to 145. I personally see Dr. McDougall's book as "what not to eat" supported with the easiest version of "eat this instead." I think of his message as the coarse-tuning knob on an analog radio. Honestly, most people will only accept the coarse adjustment, thus making Dr. McDougall's contribution valuable for the masses. He seems to think about things from a societal-success level and his starch emphasis is good for the dietary success of the group. However, if you want more than just what works well for the masses, if you really want to master nutritional dietary success, then, in my opinion, I suggest one think of Drs. Greger's and Fuhrman's input as the fine-tuned guidance (a little more attention to leafy greens, cruciferous veg, berries, other fruit, etc), like the

fine-tuning knob on the analog radio. Dr. McDougall will get you out of disease and to the comparative-health olympics; Drs. Fuhrman and Greger will put you on the medals podium at those olympics. Some authors in this field present strong counsel against supplements. Still, all agree on B-12 and ground flax seed (for omega-3). However, I think Dr. Greger presents the most well-thought case on D-3. I strongly appreciate dietary and health logic that reaches deeper in time all the way back to my evolutionary, metabolic ancestors. Yes, we developed higher amylase production over time and became very starchivore-leaning; however, the foundation of our metabolism still seems solidly to be that of Vitamin-C-needing frugivores, best served by D-3 production at Equatorial Africa levels. I think it is most accurate to say that we are true Frugivore-Starchivore Hybrids. Some authors may focus more on the Starchivore side of us. Other authors may focus more on the Frugivore side of us. Neither point of view is wrong. We're just hybrids. If I had to name names, I'd say Dr. McDougall is Starchivore-oriented, Dr. Fuhrman is Frugivore-oriented, Dr. Greger is hitting that Hybrid sweet spot, and all three authors and all three books mentioned here present an excellent overall collection of information that helps any interested reader find their own particular version of the Hybrid sweet spot that works best for them. The Longevity Path then?

1. Eliminate the known killers ('cause they're killing you.)
2. Lean on the Starchivore side of your metabolic heritage and enjoy all those satisfying starches while reminding your taste buds and body that you actually do, in fact, quite enjoy eating plants!
3. And, for that fraction of you with the extra measure of desire for excellence, move deeper into your Frugivore roots by intelligently fine-tuning your nutrient supply and efficiency.

Finally, big kudos to Drs. T. Colin Campbell, Caldwell Esselstyn, and Neal Barnard among many others for their equally excellent books and leadership in this field.

Over 1 year ago, I started a regular exercise routine because I was tired of being overweight. After months and months, I lost weight, but still couldn't lose the weight I wanted and STILL felt drained and lethargic throughout the day. I tried modifying my diet and that didn't work. I've tried the Atkins Diet and that was an absolute mess. I felt horrible every day and could barely sleep. One day, my brother linked me to a Ted Talk with Dr McDougall and I heard about the McDougall diet and since I had tried everything, I figured I might as well buy this book and give it a try. After 1-2 weeks, my health drastically improve and I started losing weight like I've never lost before. I now look and feel better than I've ever felt in my life. This diet is hard to adjust to at first, but once you begin, you will have a VERY hard time going back. Whoever knew that rice, potatoes, and beans, the absolute most affordable grocery items were the key to good health? I shake my head at the big corporations

trying to lie their way into more profits at the expense of our health.

If you want to look and feel your best and get rid of your chronic disease, this is your book/Doctor!!!

This book is chock full of great information. I have lost 32 lbs in 10 weeks, lowered my blood pressure, reversed my diabetes, stabilized my kidney function and fatty liver. I highly recommend everything from Dr. McDougall.

I have been a McDougaller for 21 months and have lost 60 lbs. My cholesterol is lower as is my blood pressure. The Starch Solution is a great book. I have one on my kindle and have purchased 2 paperbacks to loan out to others. Anyone interested in this way of eating should watch the Netflix documentary called Forks Over Knives. Dr McDougall is my hero!

Every one needs this book. It is a bit scattered - an repetitive for those who are already vegan and have had read and heard alot of the information. The first couple of chapters and the recipes make it quite worthwhile. I did not really need to lose weight but I am healthy at 150 pounds - down from 162 from being conscious of this diet.

I LOVE that this book made me not scared to eat plenty of carbs to keep me full and energized. I am having so much easier of a time following my vegan diet now that I don't feel either hungry or guilty anymore. The one concern I have about this book is that he seems to place a low emphasis on colorful fruits/veggies/mushrooms, saying that they are mostly for added color and flavor and saying that it would be OK to eat just rice and beans every day and you would get everything you need if you were to just eat that. I believe we should have a high amount and variety of the colorful fruits and veggies for their antioxidant benefits in addition to the starches for energy. Other than that though I loved the book and think everyone should read it.

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The Starch Solution: Eat the Foods You Love, Regain Your Health, and Lose the Weight for Good!  
Resistant Starch: The Resistant Starch Bible: Resistant Starch - Gut Health, Fiber, Gut Balance  
(Gut Balance, Glycemic, Natural Antibiotics, Dietary Fiber, SIBO, Soluble Fiber, Healthy Gut Book  
1) Resistant Starch Cookbook: Restore Your Health, Heal Your Gut, and Lose Weight Fast While  
Eating the Foods You Love! (dozens of recipes with pictures and a 28 day meal plan) Walking:  
Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose

Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Perfect Health Diet: Regain Health and Lose Weight by Eating the Way You Were Meant to Eat Nutrition: The Resistant Starch Bible: Resistant Starch - Gut Health, Fiber, Gut Balance Weight Loss: INTERMITTENT FASTING: Eat Stop and Eat (lose Weight Eat to Live Healthy Diet Plans Fat Burning Success Weight Loss) (Beginner's Guide) Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole foods, 30 Day Whole ... Whole Foods Cookbook, Whole Foods Diet) Weight Loss: The Ultimate Motivation Guide: Weight Loss, Health, Fitness and Nutrition - Lose Weight and Feel Great! (Motivation Guide, Fitness Motivation, ... To Lose Weight, How Motivation Wor) Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) The Skinny Carbs Diet: Eat Pasta, Potatoes, and More! Use the power of resistant starch to make your favorite foods fight fat and beat cravings DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) The Fast Metabolism Diet: Lose Up to 20 Pounds in 28 Days: Eat More Food & Lose More Weight: Unleash Your Body's Natural Fat-Burning Power and Lose 20lbs in 4 Weeks by Pomroy. Haylie ( 2013 ) Paperback Ketogenic Diet: The Essential Ketogenic Diet Cookbook For Beginners Æœ –œ Delicious Ketogenic Recipes To Help You Lose Weight, Regain Confidence, and Heal Your Body (Ketogenic Cleanse) Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet, No carbs diet, Low Carbs food list, high protein diet, rapid weight loss, easy way to lose weight, how ... way to lose weight, how to lose body fat)) The Simplest Alkaline Diet Guide for Beginners + 46 Easy Recipes: How to Cure Your Body, Lose Weight And Regain Your Life with Easy Alkaline Diet Cookbook BLOOD TYPE DIET FOR BEGINNERS: Your Guide To Eat Right 4 Your Type And Lose Up To A Pound A Day: Lose Weight Fast, Look Healthy With Your Blood Type O, A, B And AB CLEAN EATING: The Detox Process And Clean Eating Recipes That Help you lose weight naturally (Clean eating cookbook, Weight Watchers, Sugar free detox, Healthy ... Eating Cookbook, Loss weight Fast, Eat thin) 500 Low Glycemic Index Recipes: Fight Diabetes and Heart Disease, Lose Weight and Have Optimum Energy with Recipes That Let You Eat the Foods You Enjoy Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet)

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