



Dr. McDougall's Digestive Tune-Up

John A. McDougall

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Thousands of people will be able to benefit from the medical advice found in *Dr. McDougall's Digestive Tune - Up*. This life - changing information shows how to heal intestinal illnesses through a noninvasive approach of diet and lifestyle changes.

According to Dr. McDougall, constipation, hemorrhoids, ulcers, IBS, and colitis are a few of the chronic digestive disorders that can be prevented and cured by eating a low - fat, cholesterol - free, plant - based diet. The reasons for this become apparent through a series of "office visits" by two fictitious, middle - aged patients who seek medical intervention in order to regain their health.

Through these "visits" readers learn: how their digestive system works, to identify the root causes of intestinal discomfort, why "friendly" bacteria are necessary for overall health, how to take control of the healing process, and how to avoid surgical procedures and expensive medications.

This book covers topics that are often taboo in common conversation with a candid, often humorous look. Easy to understand, the information covered will enable everyone to make informed medical decisions and wiser dietary choices.

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