



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

John McDougall

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The bestselling author and internationally celebrated physician and expert on nutrition offers an appealing, approachable health solution—eat the foods you love to lose weight and get healthy.

For years, we've been told that a healthy diet is heavy on meat, poultry, and fish, and avoids carbohydrates, particularly foods high in starch—empty calories harmful to our bodies.

But what if everything we've heard was backwards?

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*.

The Healthiest Diet on the Planet helps us reclaim our health by enjoying nutritious starches, vegetables, and fruits. 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 two dozen color photos and mouth-watering, easy-to-follow recipes for buckwheat pancakes, breakfast tortillas, baked potato skins, rainbow risotto, red lentil soup, green enchiladas, dairy-free lasagna and pizza, and more, *The Healthiest Diet on the Planet* will help you look great, feel better, and forever change the way you think about health and nutrition.

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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 can be one of your starter books that are good idea. We all recommend that straight away because this book has good vocabulary that can increase your knowledge in words, easy to understand, bit entertaining but still delivering the information. The article author giving his/her effort to get every word into delight arrangement in writing 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 yet doesn't forget the main point, giving the reader the hottest as well as based confirm resource details that maybe you can be among it. This great information can certainly drawn you into brand new stage of crucial contemplating.

Peter Pitts:

This 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 is brand-new way for you who has interest to look for some information as it relief your hunger of knowledge. Getting deeper you on it getting knowledge more you know or perhaps you who still having tiny amount of digest in reading this 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 can be the light food in your case because the information inside that book is easy to get simply by anyone. These books develop itself in the form which can be reachable by anyone, yeah I mean in the e-book type. People who think that in reserve form make them feel tired even dizzy this publication is the answer. So there is not any in reading a e-book especially this one. You can find what you are looking for. It should be here for you actually. So , don't miss it! Just read this e-book variety for your better life and also knowledge.

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Arthur Seaton:

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