

Holt McDougal Ancient Civilizations

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a leading dietary program to reverse and heal chronic illnesses through a whole food starch based diet and lifestyle

expand your education and confidence in a starch based lifestyle with dr john and mary mcdougall s best selling books and library of podcasts and videos

the mcdougall program is a diet of plant foods including whole grains and whole grain products such as pasta tortillas and whole grain bread and a wide assortment of vegetables and fruit we use

john mcdougall md is a physician speaker and author who teaches the importance of a whole food starch based diet in order to heal chronic disease

the 12 day program is an expert led program that transforms your health lose weight prevent disease and reverse chronic conditions

the mcdougall team includes world class educators and experienced practitioners and professionals our goal is simple help people regain their health

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