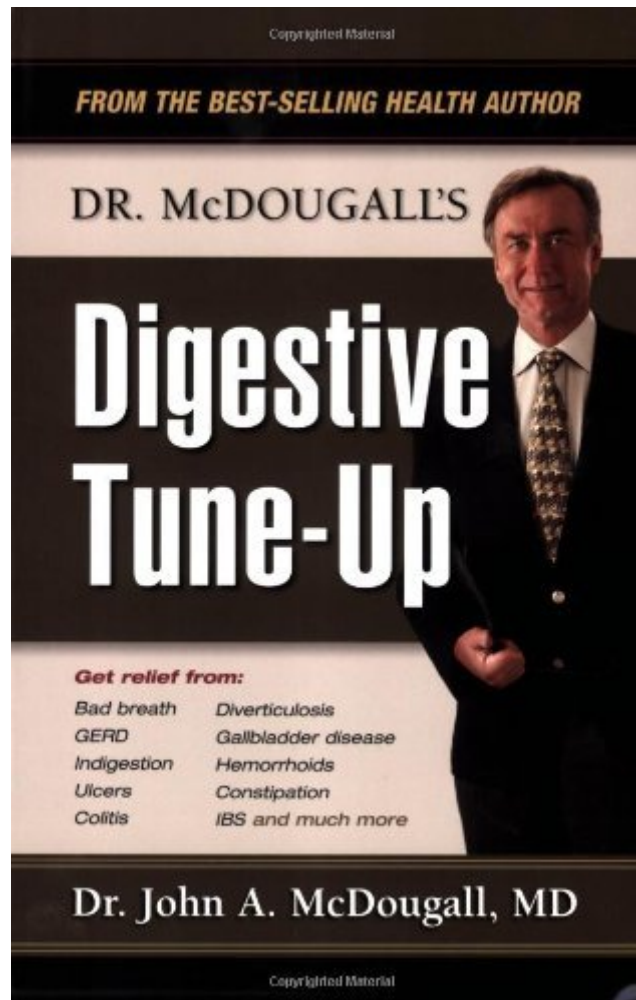




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# Dr. McDougall's Digestive Tune-Up



## Synopsis

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 how to avoid surgical procedures & 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 more informed medical decisions and wiser dietary choices.

## Book Information

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## Customer Reviews

Why is it surprising that this diet works so well at restoring digestive health? That was the question I set out to answer, once I gave the program an honest effort and saw the amazing results. I hadn't been a vegan, and still do not entirely agree with that dietary regimen, but I followed Dr. McDougall's vegan program as he outlines it in *Digestive Tune-Up* (I cheated with a little coffee). Previous to McDougall's diet, my digestion had been terrible. I had a huge bloated belly, chronic constipation, and low energy. It seemed that no matter what I ate, I had trouble digesting it. For the previous two years, I had been eating Paleo-style. The only thing the Paleo gurus taught me was that if you want to have about one BM per week, go ahead and eat a ton of meat. Then try correcting the problem with heaps of veggies so you can add gas, cramps, and bloat to your list of digestive woes. One of the major tenets of the Paleo philosophy is this: Keeping blood sugar down is essential to good health and longevity. (Translation: All carbs are the devil. Carbs raise blood sugar which raises insulin, which is an inflammatory hormone. Also, all carbs are equally malicious because they all turn into "pure sugar," and sugar is the fodder of yeast, bacteria, and cancer). Among the Paleo community, "starch" might as well be a four-letter word. Rice and potatoes are viciously maligned because of their impact on the sacred blood sugar dogma. To make matters worse, many Paleo gurus suggest that fiber is not particularly important. One overweight Paleo advocate even goes so far as to say that if you drink enough water, fiber is unnecessary. Sure, whatever. Keep eating those sticks of butter for breakfast. So needless to say, I was a bit dubious when I began eating all the starch that McDougall recommends. But after two years of constipation, cramps and abdominal distention, I was willing to try anything. McDougall recommends limiting fruit to three servings per day. In my experience, I discovered fruit was less problematic than some of the gassy, gluten-containing whole grains like wheat and barley. He also recommends limiting vegetables to three servings per day. I think this is good advice, as vegetables can be too hard on the intestines. But the biggest surprise of all was that my belly went flat within a few days. If digestive disorders are caused by bacteria overgrowth in the small intestine (as the Paleo gurus theorize), then starch would make symptoms worse because it travels so far down the digestive tract (all the while turning to sugar and feeding the yeast and bacteria). My bathroom habits also normalized within a couple days, leading me to believe that many digestive troubles are simply caused by constipation, impaction, and the incomplete breakdown of animal protein rather than by bacterial overgrowth. It has been 9 months since I began the McDougall program. These are my conclusions: Most digestive disorders are probably caused by excessive consumption of heavy proteins found in meat and dairy, which rarely break down completely and contribute to impacted stools; excessive fats, which significantly decrease intestinal motility; inadequate fiber, which aids

motility and reduces food intolerances. I believe that much of the time, bacteria are not to blame, and that furthermore, bacteria imbalances can be corrected by removing the blockages (incompletely digested meat and cheese) and increasing prebiotics (fiber). McDougall details how starch effectively rebuilds the lining of the digestive tract. He also makes a very strong case that humans are ideally suited for starch consumption and not so suited for digesting massive amounts of heavy proteins. I have come to respect Dr. McDougall quite a lot and I'll tell you why. Although he advocates a vegan diet, he does not come across as pushy and supercilious as so many vegans do. In fact, he does not even call himself vegan because, he says, so many vegans are unhealthy junk food dieters. Here's a guy who had a stroke at age 18. As he recovered in the hospital, he asked doctors what he'd been doing wrong and what he should do to reverse his condition and avoid dying young. Sadly, they had no answers for him. So McDougall set out to become a physician and discover those answers for himself. Still alive and well more than a half-century later, he's telling us what he's learned. It has worked for him and for thousands of his patients. It seems that McDougall was up against odds far greater than the average person; he managed to beat those odds and add more than 50 years to his life. In my opinion, that means everyone should hear what he has to say. Am I currently a vegan? No, not entirely, nor do I think it's necessary for good health and longevity. Nonetheless, I'm about 90% vegetarian and I'm grateful for the information I've learned from McDougall's books. I no longer fear carbs and I don't think that eating a potato is going to give me diabetes. Anyway, I hope this helps. Good luck to everyone.

This kind of information saved my life when I first started reading about it 20+ years ago. I was hospitalized with a life-threatening colon blockage. I was told I would need to be on medication the rest of my life. After reading some of Dr. McDougall's books, I was blown away how with ease my doom and gloom illness evaporated. In my humble opinion, Dr. McDougall ought to win the Nobel Prize. He has been way ahead of his time (at least in this country) for many years. His latest book addresses some of our most common illnesses and diseases and how you can easily doctor yourself to good health. The book is an easy read and covers any question you might have from what goes into your mouth all the way through to when it comes out. Though I consider myself well-educated, I learned new things. Especially helpful was the part on how to decide if you need a colonoscopy, something the over-50 crowd is being pushed to consume. I only wish books like these were required reading for educators, all health care professionals and children. In addition to helping you rid yourself of some of the major illnesses of our time, if you follow the good doctor's advice, you'll just plain feel better. I have no connection to the author, other than I think this is the

best advice money can buy. It's bound to save you at least one doctor's office visit, or more. And maybe even some costly, totally unnecessary surgery.

I have followed Dr. John McDougall for 20 years and read 12 of his books. I have viewed hundreds of hours of his lectures and DVD's, some in person. He changed my life and he will yours, decisively for the better! My wife is a nursing professor and a family nurse practitioner. We value this doctor and so do our personal physicians, including our specialists: ophthalmologist, pediatric cardiologist, and obgyn. Ignore this knowledge and McDougall's website at your and your loved one's peril. McDougall researches and documents his books thoroughly. Prepare to spend many hours learning about nutrition and its effect on your health from perhaps the best teacher in the world. Then prepare to re-learn how you cook your food, order food at a restaurant, and change your taste buds. You are so fortunate to have to read this review. The rest is up to you. Good luck on your adventure to better health! You will be following so many who have traveled that path before you, beginning with Pathagoras, that Greek with that right triangle and the hypotenuse.

Verry well written, I have been following McDougall's advice for years. He is very practical and simple. I would highly recommend his books and advice. I am 70 yrs old, still working as a night nurse and have energy to spare.

Could I learn anything new from John McDougall that I have not already heard? I have read a few of his books. I have listened to hundreds of hours of video. But to my surprise, yes. I did. If you or anyone you love has digestive issues, I highly recommend this book and his program.

This is just the information I've been looking for. After a lifetime of digestive disorders, pain and discomfort, I not only understand why I felt so terrible, but I now know what I can do about it, All of it. I haven't felt this good since I was 12 years old. Thank you Dr. McDougall.

He pulls no punches as he explains what people do not want to talk about. They will end up suffering if they don't listen to him. I bought the book for myself and a family member who is now very thankful for having read this...better than his trip to E.R. for problems.

Lots of good information here.

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