



McDOUGALL'S MEDICINE

A CHALLENGING
SECOND OPINION

John A. McDougall, M.D.
author of *THE McDOUGALL PLAN*

Mcdougalls Medicine A Challenging Second Opinion

K Morrison



McDougalls Medicine A Challenging Second Opinion:

McDougall's Medicine John A. McDougall, 1985 With his question and answer format John McDougall leads the readers to an understanding of an approach to their health that puts them in charge of their own health and or treatment **Dr.**

McDougall's Digestive Tune-Up John A. McDougall, John McDougall, 2006 Saved him from unnecessary surgery and medication To illustrate this lifestyle program Dr McDougall uses a lighthearted and informative story of two fictitious patients who experience improvement in all aspects of their health by following the same plan that revolutionized McDougall's life *Vegan Revolution* Richard H. Schwartz, 2020 For over four decades Richard Schwartz has engaged with two

ethically rich ways of living that as he charts in this book he came to appreciate in middle age Judaism and veganism Having been born into a secular Jewish family it was his marriage and an increasing commitment to social justice that propelled him to study and rediscover the essence of his Jewish faith That sense of social justice further raised his awareness of the environmental movement and ultimately to animal rights and veganism In *Vegan Revolution Saving Our World Revitalizing Judaism* Schwartz shows how now perhaps more than ever veganism offers a pathway for all of us of whatever faith or no faith to reduce hunger conserve the environment save water reinstitute justice and care for animals and the Earth It is no coincidence as Schwartz demonstrates that many of these ideas are mandates in Jewish scripture and that reincorporating a care for the world tikkun olam can itself reinvigorate the spirit of a faith and galvanize its practitioners to act Vegetarian

Times ,1990-08 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that's exclusively vegetarian but wrapped in a fresh stylish mainstream package that's inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT's goal To embrace both *Vegetarian Times* ,1989-10 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that's exclusively vegetarian but wrapped in a fresh stylish mainstream package that's inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT's goal To embrace both **Vegetarian Times** ,1990-05 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that's exclusively vegetarian but wrapped in a fresh stylish mainstream package that's inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT's goal To embrace both

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Schwartz,2001 From God s first injunction Behold I have given you every herb yielding seed which is upon the face of all the earth and every tree in which is the fruit of a tree yielding seed to you it shall be for food Gen 1 29 The Hebrew Bible offers countless examples of how God intends a compassionate and caring attitude toward animals our health and the health of the planet This attitude as Richard Schwartz shows in his pioneering work now fully revised has been a constant theme throughout Judaism to the present day Indeed Judaism s particular concern for tikkun olam a healing of the world has never been more urgent today given the current state of world hunger environmental degradation and the horror of factory farms Dr Schwartz shows not only how Judaism is particularly well suited to solving these problems but how doing so can revitalize one s Jewish faith Vegetarian Times ,1991-10 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that s exclusively vegetarian but wrapped in a fresh stylish mainstream package that s inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT s goal To embrace both *Vegetarian Times* ,1990-11 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that s exclusively vegetarian but wrapped in a fresh stylish mainstream package that s inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT s goal To embrace both **Vegetarian Times** ,1989-11 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that s exclusively vegetarian but wrapped in a fresh stylish mainstream package that s inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT s goal To embrace both *Vegan Bite by Bite* , **The Yeast Connection Handbook** William G. Cook,2013-04-30 What can you eat if you have a yeast related problem The Yeast Connection Handbook provides general information on the effects that some common foods can have on yeast sufferers and crucial instructions on detecting the specific foods to which you are particularly sensitive or allergic The authors then present over 225 recipes for breads soups entr es desserts and more that eliminate most common food allergens while providing a diet that is healthful and satisfying **Vegetarian Times** ,1987-04 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that s exclusively vegetarian but wrapped in a fresh stylish mainstream package that s inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT s goal To embrace both *Being a Woman - Naturally* Janet McBarron,2010-04-28 This well researched book advises all health conscious women of any age how to benefit by applying Dr McBarron s philosophies and natural product recommendations In Part One she provides healthy alternatives to HRT and other hormone issues useful tips for preventing osteoporosis and the heart smart action plan to help reverse heart disease In Part Two she discusses

preserving our natural beauty through out our lives In Part Three she details health rejuvenators exercise spiritual and emotional health and diet In Part Four she concentrates on specialized health issues including PMS candida healthy thyroid function UTIs and painful joints

Surgery and Its Alternatives Sandra A. McLanahan, David J. McLanahan, 2002 Provides a discussion of both surgical and alternative approaches to an array of medical issues revealing the pros and cons of various anesthetic and surgical options and describing more than two hundred procedures

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Sports & Exercise Injuries Steven I. Subotnick, 1991 Dr Subotnick has developed an integrative approach to foot health and to sports medicine that is truly a model for the modern physician The comprehensive nature of the book and the practical information that it provides makes it accessible to all health professionals as well as for the general public

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