

5/5/16

Don't miss this wonderful opportunity!

Dr. John McDougall has been studying, writing, and speaking about the effects of nutrition on disease since 1968. He has developed a nourishing, low-fat, starch-based diet that promotes health and can reverse serious illness. Learn why people are fat and sick and how to get well eating "green light" foods and avoiding "red light" ones.

We look forward to seeing you there!

Upcoming EVENT!



Dr. John McDougall
(educational presentation via **SKYPE**)

Is Your Food Poisoning You?

Thursday, 5/5/16, 6pm

**Unitarian Universalist Church
1685 W. 13th Av, Eugene**

Free

"...When I suggest that returning to a historically validated diet rich in starch and vegetables, low in fat, and without meat, fish, or dairy is simple, I don't mean to suggest that it's an easy change to make. For most people, this change is a big deal.

The good news is that with big changes come big results. Experience tells me that you will come to love it, and surprisingly quickly. I also know that you will be relieved **to eat as much as you wish, be completely satisfied afterward, and lose excess weight as you improve your health** more than you ever could from any pill or surgery prescribed by your well-meaning doctors." - **Dr. John McDougall**

The McDougall Trapezoid

