

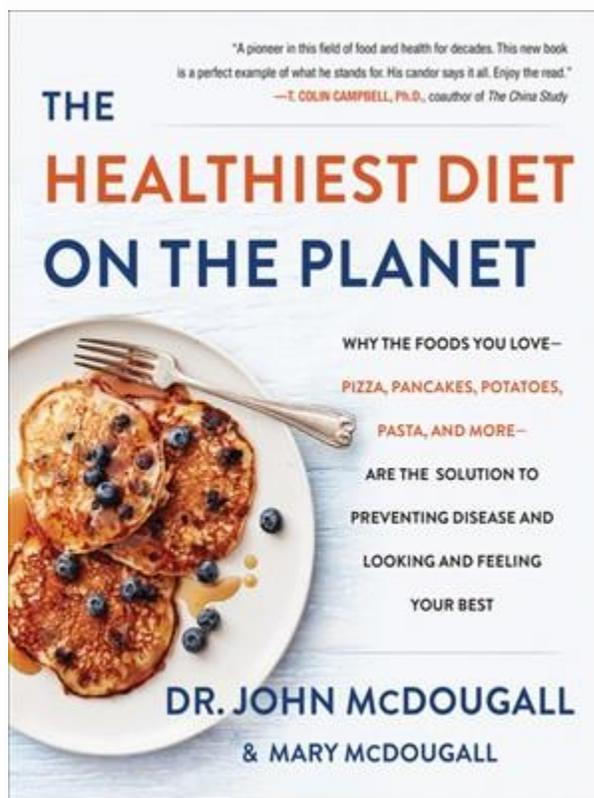
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The **Healthiest Diet** on the Planet

Why the foods you love---**pizza, pancakes, potatoes, pasta, and more**---are the solution to preventing disease and looking and feeling your best.

by **Dr. John McDougall and Mary McDougall**

"A pioneer in the field of food and health for decades. This new book is a perfect example of what he stands for. His candor says it all. Enjoy the read." - **T. Colin Campbell, PhD., coauthor of *The China Study***



**From Almond French Toast to Cheezy Baked Macaroni,
from Garden Wraps to Berry Sorbet---
Eat the Delicious Foods You Love and Get Healthy.**

For years we've been told that a healthy diet features piles of meat, poultry, and fish, while diets loaded with carbs and high in starch should be avoided at all costs.

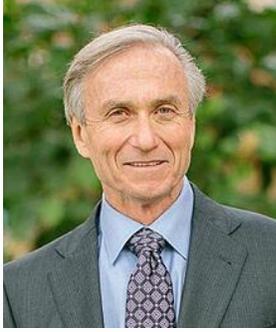
But what if this was all wrong? What if everything we've been told about diet and nutrition---everything we've been told about food---is completely backwards?

Animals fats and proteins are high in calories and cholesterol, which too often leave us hungry and unsatisfied, a dangerous recipe for overeating and gaining weight. We're eating the wrong kinds of food and, as a result, we're all getting fat and sick one meal at a time.

The truth is that only complex carbohydrates like whole grains, legumes, root vegetables, and other starch-rich foods can provide your body with the necessary essential nutrients that satisfy your appetite while simultaneously keeping you happy, healthy, and in the best shape of your life.

In ***The Healthiest Diet on the Planet***, internationally renowned expert on nutrition and bestselling author, **Dr. John McDougall**, invites us to reclaim our health simply by eating the foods we've always loved but were told to never eat. This scientifically-proven approach not only encourages us to eat the foods we crave and enjoy, but also has helped hundreds of thousands of people lose unwanted weight, discover more energy, and live longer and stronger. By enjoying nutritious starches, fruits, and vegetables, we can get healthy one satisfying meal at a time. Dr. McDougall offers a delicious, easy-to-follow, and proven guide that lets us enjoy the foods we love again---and, in the process, prevent disease and help reverse aging.

Featuring a unique **color picture book** that shows us exactly what we should and shouldn't eat, and over sixty mouth-watering recipes, ***The Healthiest Diet on the Planet*** is the easiest way to look great, feel better, and forever change the way we think about health and nutrition.



John A. McDougall, M.D., is the founder and director of the nationally-renowned McDougall Program, a ten-day residential medical program that he and his wife, Mary, host in Santa Rosa, California. He is certified by the American Board of Internal Medicine and the National Board of Medical Examiners. He is the author of several nationally bestselling books and cofounder of Dr. McDougall's Right Foods, which produces high-quality vegetarian cuisine to make it easier for people to eat well on the go. His partner for forty-five years, **Mary McDougall**, has coauthored books, instructed patients, and helped create the most successful program to restore health and personal appearance.

"A pioneer in plant-based nutrition, John McDougall crystallizes the flaws of low-carbohydrate and Paleo disease-producing diets and solidifies the scientifically proven health-producing, disease-reversal power of whole food plant-based nutrition in his new book, *The Healthiest Diet on the Planet*." - **Caldwell Esselstyn, M.D., author of Prevent and Reverse Heart Disease**

"Dr. John McDougall is one of the great pioneers of the evidence-based nutrition movement. *The Healthiest Diet on the Planet* lays out the core elements of healthy eating in the easiest possible terms to understand." - **Michael Greger, M.D., founder of NutritionFacts.org and author of How Not to Die.**

"John and Mary at their best: John presents the accumulating science in favor of 'foods-as-grown' for the prevention, arrest, and reversal of chronic diseases; for planetary survival; and for compassion. He does it with clarity, with punch, and he scores. And while John presents the 'why,' Mary provides the 'how to,' with simple, easy-to-make meals that make your taste buds smile. A home run! - **Hans Diehl, DrHSc, MPH, clinical**

professor of preventative medicine at Loma Linda University, founder of CHIP, and bestselling author

If you missed Dr. McDougall's *Is Your Food Poisoning You?* presentation when EVEN skyped him in last year, here is your chance to catch up on some of what you missed!

Order Dr. McDougall's book here.

NOTE: This email is sent to you by EVEN on behalf of Dr. McDougall. [Please direct your questions to him here.](#)



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Eugene Veg Education Network (EVEN)

www.eugeneveg.org

Eugene Veg Education Network

---EVEN - serving as a vegan resource since 2005---

Check Out [EVEN's News Blog](#) for hundreds of valuable, vegan morsels.

The **Eugene Veg Education Network (EVEN)** is a **501(c)(3)** non-profit serving as a resource for those seeking information on a **healthful, vegan lifestyle**. EVEN's emphasis is one of **non-violence, compassion and sustainability**. Focus is on the **interconnectedness of all life** and how a plant-based diet benefits the earth, non-human animals, and the individual. EVEN's Mission Statement is **to inform, educate & encourage our members**--- as well as the larger community ---by providing information on veganism and its positive impact on the health of the planet and all its inhabitants. www.eugeneveg.org **Peace**