



McDOUGALL'S MEDICINE

A CHALLENGING
SECOND OPINION

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

Mcdougalls Medicine A Challenging Second Opinion

James Henderson



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

Indicted! James Henderson, 2009-02 In what promises to be the trial of the century attorney turned author James Henderson indicts the medical industrial cartel now dominating modern drug based medicine for trading the health of millions of Americans for dollars In the brilliant and intriguing setting of a jury trial the author enrolls We the People of America into a vast national jury to pass judgment on modern pharmaceutical medicine for cunningly treating chronic degenerative diseases like heart disease cancer and diabetes Americas leading killers by merely seeking to manage the symptoms of these diseases not even attempting to cure them Drug based medicine has become big business It thrives on sickness It dares not cure the patient or the money pipe line dries up The price tag Overt two trillion dollars annually and climbing And America is getting sicker by the day Author James Henderson offers the proven testimonies of eminent nutritional physicians and medical geniuses who have turned their backs on this criminal monopoly These brave souls have risked their careers to blow the whistle on the drugging of America In this court of public opinion if we the jury cannot discern the truth what hope is there for justice Or for medical freedom in America Will We the People make a decision before its too late Read Indicted and decide for yourself 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

Vegetarian Times , 1989-07 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** , 1990-02 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 **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 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 *Vegetarian Times* ,1990-09 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* ,1990-08 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 *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 *Vegetarian Times* ,1987-09 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 ,1990-12 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*** ,1991-06 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* ,1991-02 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* ,1991-01 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**, 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 **Vegan Bite by Bite**, **The Journey Beyond Breast Cancer** Virginia M. Soffa, 1994-05. Currently one out of every nine American women will be diagnosed with breast cancer at some time in her life. Virginia Soffa, who was diagnosed with breast cancer at age 38, takes a critical look at both conventional and alternative treatments and outlines a strategy to help women take an active role in preventing and treating the disease. **Judaism and Global Survival** Richard Schwartz, 2023-08-15. Judaism and Global Survival discusses the challenges facing humanity and the Jewish teachings related to these challenges in order to galvanize Jews to help repair the world, tikkun olam, as required by Jewish law. It argues that we don't need to discover new values and approaches to address current global threats. What is needed is a rediscovery and application of basic Jewish teachings and mandates such as to pursue peace and justice, to love our neighbors as ourselves, and to act as co-workers with God in protecting and preserving the world. Judaism and Global Survival is meant to be a wake-up call, the strongest that one can make on the urgency of addressing climate threats and other environmental threats, and the importance of Jews applying Jewish values in addressing these threats. Among the issues discussed in the book are the following: Jews are to guardians of the earth, partners and co-workers with God in working toward tikkun olam, the healing, repair, and proper transforming of the world. Climate change is an existential threat to the world, and the only hope to avert a climate catastrophe is through a major shift to plant-based diets, as that would enable reforestation of the vast areas now used for animal agriculture, reducing atmospheric CO2 to a much safer level. Vegetarianism and even more so, veganism, is the diet most consistent with Jewish teachings on preserving our health, treating animals with compassion, protecting the environment, conserving natural resources, and helping hungry people. **Vegetarian Times**, 1991-12. 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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