



# The McDougall Program for Women

*John A. McDougall*

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## **The McDougall Program for Women** John A. McDougall

Dr. John McDougall has long been at the forefront of women's health care. First to publish a groundbreaking article showing the benefits of a low-fat diet for women with breast cancer in 1983, he continues to lecture regularly on women's health issues and has cared for tens of thousands of women who have benefited dramatically from his advice. Now he arms women with the facts needed to achieve a lifetime of good health in his timely, important, comprehensive new book *The McDOUGALL Program for Women*. Thoroughly covering general topics such as weight loss and exercise programs, Dr. McDougall also includes more specialized subjects like herbal treatments for the symptoms of menopause, dietary approaches to preventing osteoporosis, and balancing the positives and negatives of hormone replacement therapy. A comprehensive guide for women with specific health problems or those who simply seek a healthier lifestyle, *The McDougall Program for Women* belongs in every home reference library.

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