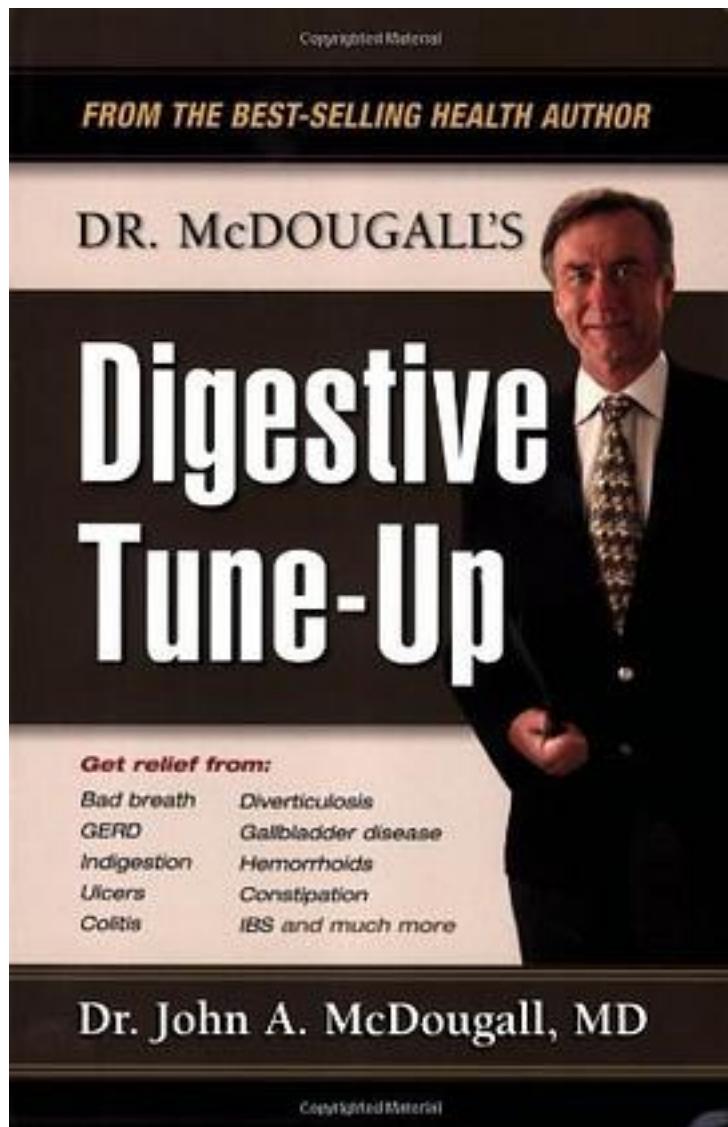


Dr. McDougall's Digestive Tune-Up



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This book can be an invaluable aid in regaining digestive health. The veteran author and physician gives all the information needed to understand how digestion works and what foods will bring about a healthy digestive system. The right dietary changes can prevent, treat and in some cases completely eliminate a host of digestive disorders, many of which are prevalent among the baby boomer generation. Readers will learn in user-friendly language about acid reflux, colitis, colon polyps, ulcers, constipation, gallstones, high blood pressure, cholesterol and more. This practical information empowers individuals to make wise decisions about their diet that will benefit their health.

作者介绍:

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