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~~The Starch Solution: Eat the
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What is the Starch Solution?

You can google, youtube,
Read Dr. Mcdougall's book
(the pioneer of the The
Starch Solution), etc. But...
basically the starch
solution is a vegan diet,
where the majority of what
you consume is starch based
carbohydrates. This means:
potatoes, whole grains and
legumes (beans + lentils).

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The Starch Solution is a groundbreaking program that will help you shed pounds, improve your health, save money, and change your life. John A. McDougall, MD, has coauthored many bestselling books with his wife, Mary, and is featured in the documentary and book Forks

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fondateur de la Starch
Solution. Il a étudié,
dénoncé et écrit à propos
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