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FACT: Carbs are good for you.

From Atkins to Dukan, fear of the mighty carb has taken over the diet industry for the past few decades—even the mere mention of a starch-heavy food is enough to trigger an avalanche of shame and longing. But the truth is, carbs are not the enemy.

Now, best-selling author John A. McDougall, MD, and his kitchen-savvy wife, Mary, prove that a starch-rich diet can actually help you lose weight, prevent a variety of ills, and even cure common diseases. *The Starch Solution* is based on a simple swap: by fueling

your body primarily with carbohydrates rather than proteins and fats, you'll feel satisfied, boost energy, and look and feel your best.

Based on the latest scientific research, this easy-to-follow plan teaches you what to eat and what to avoid, how to make healthy swaps for your favorite foods, and smart choices when dining out.

The Starch Solution is a groundbreaking program that will help you shed pounds, improve your health, save money, and change your life.

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