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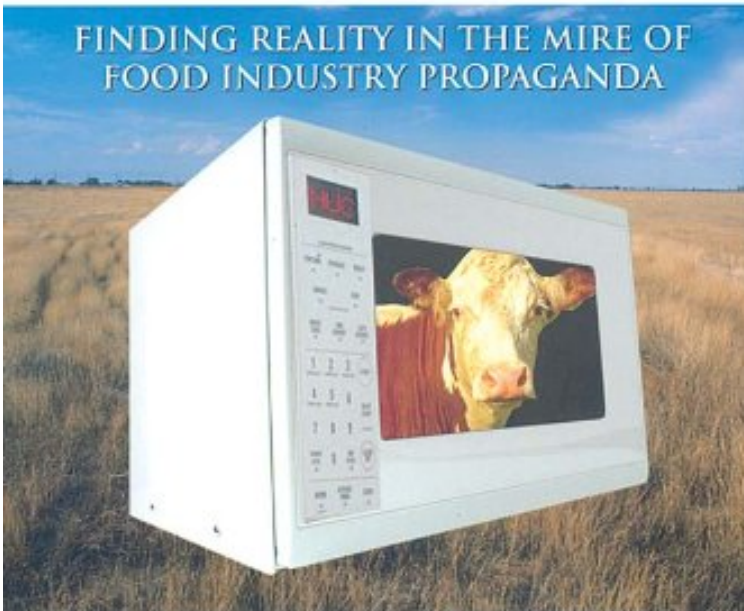
Politically Incorrect Nutrition: Finding Reality in the Mire of Food Industry Propaganda

Even if you believe you are practicing good nutrition, you need to read this book!

- Ann Louise Gittleman, PhD, Author NY Times Bestseller, The Fat Flush Plan

POLITICALLY INCORRECT NUTRITION

FINDING REALITY IN THE MIRE OF
FOOD INDUSTRY PROPAGANDA



MICHAEL BARBEE, C.D.C.

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Dtails sur le produit Publi le: 2012-05-22
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Par Michael Barbee : **Politically Incorrect Nutrition: Finding Reality in the Mire of Food Industry Propaganda** before purchasing it in order to gage whether or not it would be worth my time, and all praised Politically Incorrect Nutrition: Finding Reality in the Mire of Food Industry Propaganda:

Description :

Prsentation de l'diteurDid you know that some noncaloric artificial sweeteners can actually make you fator even kill you? Did you know that the overconsumption of certain soy products can upset your hormonal balance and lead to hypothyroidism? Most people didnt, until now. Politically Incorrect Nutrition exposes many current and widely held beliefs foisted on both consumers and health-care practitioners by well-oiled, agenda-driven food industry propaganda. It analyzes popular claims and reveals what, in fact, is healthyand what is decidedly unhealthyby exploring the most current and objective scientific data regarding good nutrition.If you want to provide the best possible food for yourself and your family, or if you simply want to

learn the truth behind the many food myths that are presented to us day after day, Politically Incorrect Nutrition is must reading. Presentation de l'diteur Did you know that some noncaloric artificial sweeteners can actually make you fator even kill you? Did you know that the overconsumption of certain soy products can upset your hormonal balance and lead to hypothyroidism? Most people didnt, until now. Politically Incorrect

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