

The Cholesterol Delusion

The Cholesterol DelusionThe Diet DelusionMonkeys, Myths, and MoleculesA Grain of SaltChallenging BeliefsPowerful Cancer-Fighting FoodsCoronaries CholesterolDr. Hip's Natural Food & Unnatural ActsKnow Your NutritionThe Merck Manual Home Health HandbookThe LancetFor a Better Nutrition in the 21st CenturyThe Journal of Mental ScienceThe Cholesterol MythsThe Untold Story of MilkSaturated Fat May Save Your LifeIce Cream Field & Ice Cream Trade JournalThe Gale Encyclopedia of MedicineFilm & Video FinderThe Publishers Weekly Ernest N. Curtis Gary Taubes Joe Schwarcz Dr. Joe Schwarcz Tim Noakes Pauline White Jim Price Eugene Schoenfeld Linda Clark Robert S. Porter Peter Leathwood Uffe Ravnskov Ronald F. Schmid Bruce Fife Donna Olendorf

The Cholesterol Delusion The Diet Delusion Monkeys, Myths, and Molecules A Grain of Salt Challenging Beliefs Powerful Cancer-Fighting Foods Coronaries Cholesterol Dr. Hip's Natural Food & Unnatural Acts Know Your Nutrition The Merck Manual Home Health Handbook The Lancet For a Better Nutrition in the 21st Century The Journal of Mental Science The Cholesterol Myths The Untold Story of Milk Saturated Fat May Save Your Life Ice Cream Field & Ice Cream Trade Journal The Gale Encyclopedia of Medicine Film & Video Finder The Publishers Weekly *Ernest N. Curtis Gary Taubes Joe Schwarcz Dr. Joe Schwarcz Tim Noakes Pauline White Jim Price Eugene Schoenfeld Linda Clark Robert S. Porter Peter Leathwood Uffe Ravnskov Ronald F. Schmid Bruce Fife Donna Olendorf*

approximately one half of the adult population of the united states are being told that they harbor within their bodies a silent killer this killer is cholesterol millions are prescribed cholesterol lowering drugs making these pills the most prescribed and most profitable medications in the history of american medicine they are told that these drugs will protect them from the ravages of heart disease this is patently untrue and can be easily demonstrated by critical analysis of the data presented in the very medical studies that purport to show their benefit the cholesterol mania that has gripped the country and dominated mainstream medical thought for the past 40 years is based on widespread acceptance of a set of closely related theories variously called the cholesterol theory the lipid hypothesis or the diet heart theory the cholesterol delusion systematically refutes these prevailing theories that link diet and blood cholesterol levels to coronary heart disease and heart attacks the cholesterol delusion traces the development of these theories from their origins and shows that each step in their evolution was based on faulty evidence and

unscientific reasoning the book then takes it one step further and attacks the very foundation of the risk factor paradigm that has dominated cardiovascular research in particular and much of medical research in general for the past 50 years written in plain language for the intelligent layman the arguments are presented in a way that can be easily understood by readers with a limited medical or technical background the cholesterol delusion is must reading for anyone that has been told they have elevated cholesterol levels and or must take medication to lower them

where mainstream nutritional science has demonised dietary fat for 50 years hundreds of millions of dollars of research have failed to prove that eating a low fat diet will help you live longer nutrition and obesity scientists have struggled to make sense of the paradox that obesity has become an epidemic that diabetes rates have soared and the incidence of heart disease has not declined despite the fact that society is more diet and health aware today than generations ago the diet delusion is an in depth scientific groundbreaking examination of what actually happens in your body as a result of what you eat rather than what the diet industry might have you believe happens and is essential reading for anyone trying to decide which diet low fat or low carbohydrate is truly the healthy diet for years we have been deluded by the dieting industry now it s time to find out the truth

the bestselling popular science author has made it his mission to tackle myths about science and the so called experts who spread them cbc radio the internet is a powerful beast when it comes to science the answer to any query you may have is just a few keystrokes away but when there are multiple answers from various sources how do we know what information is reliable in monkeys myths and molecules bestselling author dr joe schwarcz takes a critical look at how facts are misconstrued in the media he debunks the myths surrounding canned food artificial dyes spf homeopathy cancer chemicals and much more unafraid to expose the sheer nonsense people are led to believe about health food drugs and our environment dr joe confronts pseudoscience and convincingly and entertainingly advocates for a scientific approach to everyday life a compendium of short articles on a variety of subjects written in a humorous accessible style and larded with intriguing trivia dr joe skewers food myths opposition to gmos dr oz and vani hari aka the food babe science based medicine ultimately the author successfully demonstrates how claims should be queried and analyzed before they are accepted recommended for readers of health nutrition and popular science library journal the book is chock full of captivating anecdotes the author engages readers with his wit and wisdom the canadian jewish news

bestselling popular science author dr joe schwarcz debunks the baloney and serves up the raw facts in this appetizing collection about the things we eat eating has become a confusing experience should we follow a keto diet is sugar the next tobacco does fermented cabbage juice cure disease are lectins toxic is drinking poppy

seed tea risky what s with probiotics can packaging contaminate food should our nuts be activated what is cockroach milk we all have questions and dr joe schwarcz has the answers some of which will astonish you guaranteed to satisfy your hunger for palatable and relevant scientific information dr joe separates fact from fiction in this collection of new and updated articles about what to eat what not to eat and how to recognize the scientific basis of food chemistry

tim noakes is one of the world s leading authorities on the science behind sport and a successful sportsman in his own right through a lifetime of research he has developed key scientific concepts in sport that have not only redefined the way elite athletes and teams approach their professions but challenged conventional global thinking in these areas in this new and updated edition of challenging beliefs noakes shares his views on everything from the myths perpetuated by the sports drink industry to the prevalence of banned substances the need to make rugby a safer sport and the benefits of a high protein low carb diet the teams and athletes with whom noakes has worked make fascinating backdrops to these topics highlighting the importance of science in sport in human terms in providing an intimate look at the golden threads running through noakes s life and career this remarkable book reveals the landmark theories and principles generated by one of the greatest minds in the history of sports science

there has got to be something better than this after seeing her father suffer through a seemingly endless number of x rays operations chemotherapy and radiation for his cancer all to no avail he eventually passed away still in shock from what she had witnessed and in disbelief that harsh pharmaceutical medications were the only way author pauline white looked for another answer then what began as a quest to find natural alternatives to treat this dreaded disease the information that she discovered grew into a broader understanding of how the body works and what natural foods can be used to enhance the body s own immune system in combating cancer which is reversible this sourcebook is not only for people who are fighting cancer but for people plagued with many other maladies it contains useful suggestions on how to prepare foods for the highest nutritional benefit the ideas and suggestions can be tailored to an individual s personal health and dietary needs today many people believe that if they pop a multivitamin then they are getting all the nutrition they need this notion couldn t be further from the truth and assumes that human beings know exactly what nutrients should be distilled for use yet there is a better way the author describes impressive scientific discoveries that reveal new hidden benefits in natural whole food products she also delves into remarkable recent research regarding the role of cancer stem cells in the spread of cancer in the body powerful cancer fighting foods is written simple enough for the layman but impressive enough for the dietary professional covering a wide array of beneficial elements in food that most readers will have been unaware of

the home reference guide for all health conscious readers that is packed full of essential information in an easy to read style

a highly qualified doctor and scientist analyzes the studies used to justify the cholesterol hypothesis and demonstrates that the idea that animal fats and cholesterol cause heart disease is based on flimsy even fraudulent evidence and wishful thinking includes a discussion on the dangers of vegetable oils and cholesterol lowering drugs

the untold story of milk chronicles the role of milk in the rise of civilization and in early america the distillery dairies compulsory pasteurization the politics of milk traditional dairying cultures the modern dairy industry the betrayal of public trust by government health officials the modern myths concerning cholesterol animal fats and heart disease and the myriad health benefits of raw milk

contains articles that provide medical information about a wide variety of common diseases disorders tests and treatments arranged alphabetically from n to s and includes cross references definitions of terms and lists of resources

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