

# Politically Incorrect Nutrition

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

—Donna Goffman, PhD, Author *NY Times* Bestseller, *The Fat Fast Plan*

## POLITICALLY INCORRECT NUTRITION

FINDING REALITY IN THE MIRE OF  
FOOD INDUSTRY PROPAGANDA



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Using the most recent and objective scientific and clinical research data, this book reveals that much current nutritional dogma is based on outdated information or has been fabricated to satisfy vested corporate financial interests rather than to promote human health. Learn about these issues and more: How non-caloric artificial sweeteners can actually make you fat -- if not kill you. How overconsumption of certain soy products can upset your hormonal balance and lead to hypothyroidism. Why cholesterol does not cause heart disease and how eggs and red meat may actually help prevent it. The harmful effects of irradiation, microwaving, plastic leaching and overprocessing on food. Why the government is poisoning our water supply with fluoride, a toxin also found in green tea. The need for saturated -- but not synthetic -- fats in a healthy diet. The limitations of calcium and vitamin C supplementation. A dozen ways a vegetarian diet can actually harm your health.

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