

The Crazy Makers



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An unprecedented and impeccably reported look at how American food manufacturers and their "products" may be endangering our minds.

With obesity becoming one of the fastest-growing worldwide epidemics, and manufactured food fueling that trend, *The Crazy Makers* is timelier than ever. This updated edition includes a new chapter on autism, as well as revised material that illustrates just how much the industry has changed in a few short years.

Based on extensive research, epidemiological evidence, and a formal study of schoolchildren's eating habits, *The Crazy Makers* identifies how the latest food products may be literally driving us crazy. Carol Simontacchi offers the reader nutritional primers and recipes to help counteract the problems facing us and our children every time we sit down to eat.

作者介绍:

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