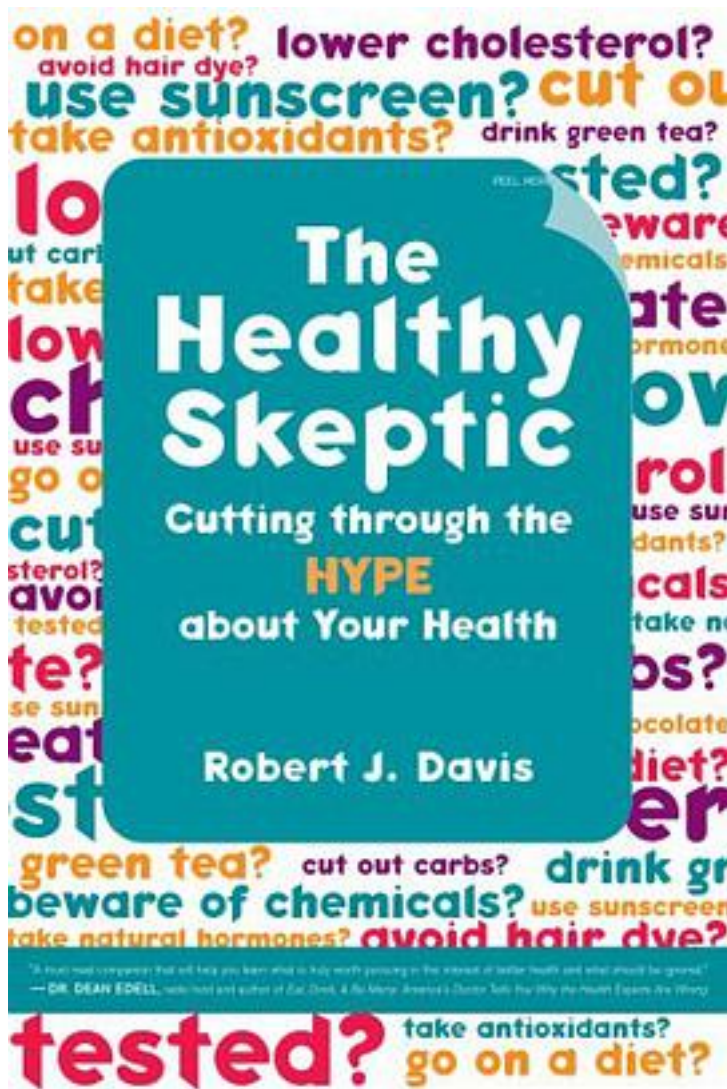


The Healthy Skeptic



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It happens every day: we pick up a newspaper or magazine or turn on the television and are bombarded with urgent advice about how to stay healthy. Lose weight! Lower your cholesterol! Early detection saves lives! Sunscreen prevents cancer! But in many cases, pronouncements we rarely think to question turn out to be half-truths that are being pushed by various individuals or groups to advance their own agendas. "The Healthy Skeptic" explores who these health promoters are - from journalists and celebrities to industry-funded groups and consumer activists - what their motives are, and how they are spinning us in ways we often don't realize. This treasure trove of little-known facts, written by a seasoned health reporter, provides invaluable tips, tools, and resources to help readers think more critically about what they're being told. Becoming a healthy skeptic is vital, Davis argues, because following the right advice can have a profound impact on overall health and longevity. In ten entertaining chapters, Robert J. Davis discusses: diets and why they don't work; dietary supplements; the campaign to reduce cholesterol; celebrity exhortations to 'get tested'; sunscreen and its promoters' claims; and, the antichemical activists.

作者介绍:

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