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Show Me The Money, Honey: The Truth About Big Pharma's War On Salt, Chocolate, Cholesterol And The Natural Health Products That Could Save Your Life



Synopsis

Salt. Sugar. Fats. We spend trillions on health globally, but what haven't you been told? Just how bad are our diets, and just how good are the natural products we reach for? A compelling investigation into 'bad' foods and natural supplements. Discover what the science really says.

NATURAL SUPPLEMENTS: DO THEY WORK? You know the drill: we live demanding urban lives, we don't see the sun, we eat highly processed foods because we are too busy to cook from scratch, and we know we are not as healthy as we could be. So we pop a pill. The elixir of life in an oil-filled capsule. Or is it? As bestselling author and investigative journalist Ian Wishart discovers, virtually everything we know about health is being turned on its head. New medical studies are bringing salt, fat and even dairy in from the cold – could the dominant health message of the past 50 years be wrong?

REVIEWS OF EARLIER BOOKS: "My first degree was in Human Biology, and now as an Associate Professor I teach courses on evidence and research methodology... I came to the book familiar with Wishart's science books. I knew he would be readable, courteous, firm, and well referenced. Wishart is well acquainted both with the science and the politics of medicine. He presents the science so that non-technical people can see the point, and technical people can have precision and detail."

- Ivan Lowe, University of Tunis

"I strongly recommend this book."

- Dr William Grant, Science Director, Vitamin D Council, San Francisco

"...another masterpiece of scientific reason...please read this book."

- Professor David Bellamy, England

covers: cholesterol, salt, chocolate, green tea, black tea, coffee, saturated fats, polyunsaturated fats, omega-6, omega-3, manuka honey, astaxanthin, resveratrol, vitamin C & more

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Customer Reviews

Incredibly well-referenced way of writing, this is one of the best books to choose. If you want to learn safe and effective natural ways of improving your health without drugs and surgery, this book will flat-out show you how. Provides excellent suggestions for addressing various health problems and enhances and expands one's knowledge and outlook about personal health care. Certainly a MUST READ. T Wielemborek

Make that life-improving! Of course reading it won't change anything, you have to actually take some actions, but I am totally confident what you read here will be more than sufficient motivation. This is a MUST read for anyone interested in health - their own or others'.

Superb expose of the nonsense issued by health departments in the western world re healthy diets... based on biased or inadequate science and research.

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Simple Lifestyle Changes to Lower Cholesterol Naturally and Prevent Heart Disease (Lowering Cholesterol) (Volume 1) The Waste Not, Want Not Cookbook: Save Food, Save Money and Save the Planet Beekeeping: Exact Blueprint for Learning Backyard Beekeeping & Producing Homemade Natural Organic Honey (Beekeeping For Beginners, Honey Bees Beekeeping, Building Beehives) Solar Power: How to Save A LOT of Money the Easy Way (Solar Power, Save Money, Solar Energy, Solar, Sustainable Energy, Sustainable Homes, Sustainability) Debt-Free: How to Get Out of Debt To Your Road Towards Financial Freedom (Get Out of Debt, Budgeting Money, Save Money, Credit Card Debt, Wealth Management, Credit Control, Money Tips) Lies My Doctor Told Me: Osteoporosis: How the Latest Medical Research on Bone Drugs and Calcium Could Save Your Bones, Your Heart, and Your Life Honey Crafting: From Delicious Honey Butter to Healing Salves, Projects for Your Home Straight from the Hive Homegrown Honey Bees: An Absolute Beginner's Guide to Beekeeping Your First Year, from Hiving to Honey Harvest Pharma's Prescription: How the Right Technology Can Save the Pharmaceutical Business Saving Normal: An Insider's Revolt against Out-of-Control Psychiatric Diagnosis, DSM-5, Big Pharma, and the Medicalization of Ordinary Life ALZHEIMER'S TREATMENTS THAT ACTUALLY WORKED IN SMALL STUDIES! (BASED ON NEW, CUTTING-EDGE, CORRECT THEORY!) THAT WILL NEVER BE TESTED & YOU WILL NEVER HEAR ABOUT FROM YOUR MD OR BIG PHARMA ! Charlie y la fabrica de chocolate (Charlie and the Chocolate Factory) (Alfaguara) (Spanish Edition) The Chocolate Truffle Cookbook: 50 Delicious Chocolate Truffle Recipes (Recipe Top 50's Book 62) Baker's Secret Family Chocolate Treats Cookbook: 25 delicious, easy to cook, chocolate treats for the whole family to enjoy, including lots of bakers' secrets (Baker's Secrets Cookbooks)

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