



Forbidden Food: How Science Says You Can Eat What You Like and Like What You Eat (Paperback)

By MD John Sloan

Mill City Press, Inc., 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This book contains the news about diet you've always wanted to hear. Everything we seem to believe about salt, sugar, fat, fiber, antioxidants etc. is based on science so thin and shabby that you can forget about healthy eating guidelines. A medical doctor with a background in review of scientific studies reveals what everybody else in the nutrition business understands but won't discuss: you can eat whatever you like. Forbidden Food covers: What we believe about food, What diet science is, Fat, Salt, Sugar, Dietary fibre, Antioxidants, Small frequent meals, Staying hydrated, Why we believe what can't be proven. John Sloan is a family physician in Vancouver, Canada where he is a Clinical Professor in the Family Practice Department at the University of British Columbia. An active teacher, Dr. Sloan has published a primary care textbook called Protocols in Primary Care Geriatrics, organized and taught in hundreds of courses and conferences in Canada, the U. S. and Europe, and written numerous academic articles, including original research. He is also author of A Bitter Pill: How the Medical System is...



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