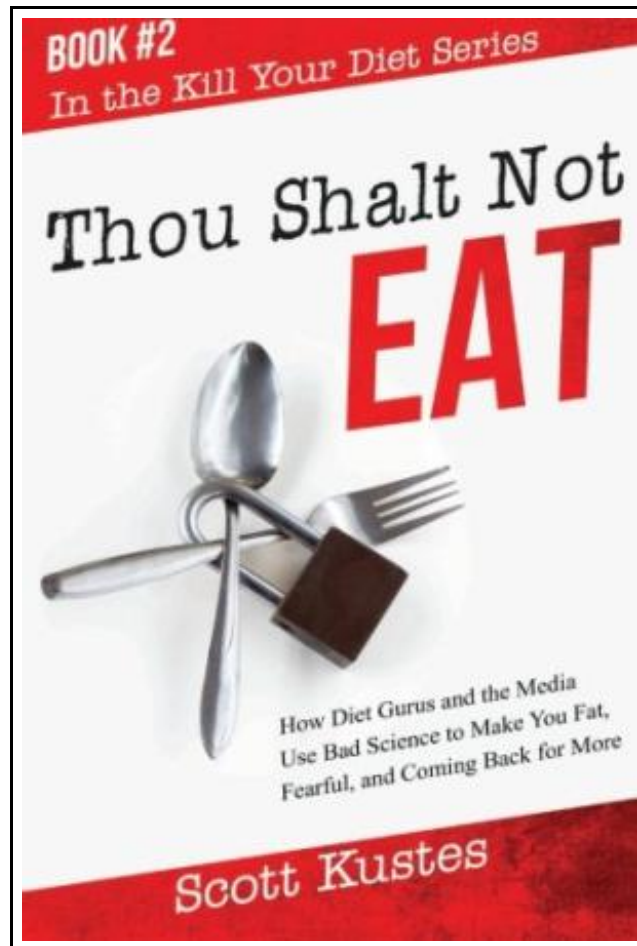


## Thou Shalt Not Eat: How Diet Gurus and the Media Use Bad Science to Make You Fat, Fearful, and Coming Back for More (Paperback)



Filesize: 5.05 MB

### **Reviews**

*A top quality publication along with the font used was intriguing to read. I really could comprehend everything using this written e book. Its been designed in an remarkably straightforward way and it is only after i finished reading through this publication by which basically altered me, modify the way i believe.*

*(Cathrine Larkin Sr.)*

## THOU SHALT NOT EAT: HOW DIET GURUS AND THE MEDIA USE BAD SCIENCE TO MAKE YOU FAT, FEARFUL, AND COMING BACK FOR MORE (PAPERBACK)



Archangel Ink, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Food Industry Is Not to Be Trusted! Meat will rot and putrefy in your gut. Wheat will make you bloated and affect your brain function. Sugar causes cancer. If you're at all listening to the voices of the diet and health industry, you've likely heard these claims before. Maybe you've even believed some (or all) of them at one time or another. After all, we all want to be healthy, happy, and attractive. Why wouldn't we follow a guru who claims to offer all three through their magical list of dietary restrictions? Is it OK if I Eat This Organic Banana? What drives educated, intelligent people to ask permission to eat foods (like rice, potatoes, and fruit) that are eaten by healthy populations all over the world? What causes followers of a specific diet to rise up and protect their dietary guru from critics or questioners? On blogs and in forums, this very phenomenon is occurring every day. Express an inkling of doubt over the philosophy in one of these groups? Well, then you're a troll, a shill, a hater. There's a prevalent idea that we live in a toxic, fallen world that makes us all dirty if we aren't constantly vigilant. But is it true? What is that detox diet actually detoxing from your system, and by what means? Escape the Anti-Carb Cults In *Thou Shalt Not Eat*, Scott Kustes lays out an owner's manual for anyone caught up in the diet, health, and nutrition world. Discover the logical fallacies you'll likely come across in health blogs, forums, and diet books. Meet the guru archetypes dishing out...



**[Read Thou Shalt Not Eat: How Diet Gurus and the Media Use Bad Science to Make You Fat, Fearful, and Coming Back for More \(Paperback\) Online](#)**



**[Download PDF Thou Shalt Not Eat: How Diet Gurus and the Media Use Bad Science to Make You Fat, Fearful, and Coming Back for More \(Paperback\)](#)**

## You May Also Like



### **No Friends?: How to Make Friends Fast and Keep Them (Paperback)**

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Do You Have NO Friends ? Are you tired of not having any...

[Download ePub »](#)



### **Patent Ease: How to Write You Own Patent Application (Paperback)**

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Patent Ease! The new How to write your own Patent book for beginners!...

[Download ePub »](#)



### **Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: ( Learn to Read Crochet Patterns, Charts, and Graphs, Beginner s Crochet Guide with Pictures) (Paperback)**

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Getting Your FREE Bonus Download this book, read it to the end and...

[Download ePub »](#)



### **Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook (Paperback)**

Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.From a certified teacher and founder of an online tutoring website-a simple and...

[Download ePub »](#)



### **How to Make a Free Website for Kids (Paperback)**

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Table of Contents Preface Chapter # 1: Benefits of Having a Website Chapter...

[Download ePub »](#)