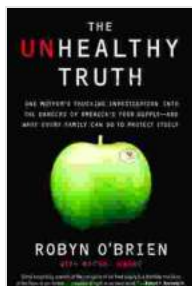


How Our Food Is Making Us Sick - And What We Can Do About It



The Unhealthy Truth: How Our Food Is Making Us Sick - And What We Can Do About It by Robyn O'Brien

★★★★☆ 4.6 out of 5

Language : English
File size : 1432 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 354 pages



The Shocking Truth About Our Food

In recent years, there has been growing concern about the link between our food and our health. And for good reason. The food we eat today is nothing like the food our ancestors ate. It's processed, refined, and full of unhealthy ingredients that are making us sick.

The evidence is clear: our food is making us sick. Studies have linked our diets to a number of chronic diseases, including heart disease, stroke, cancer, and diabetes. And it's not just adults who are affected. Children are also suffering from the effects of our unhealthy food system.

If you're like most people, you probably don't think much about what you eat. You just eat what's convenient and what tastes good. But the truth is,

the food we eat has a profound impact on our health. And if we want to be healthy, we need to start paying attention to what we're eating.

The Good News

The good news is, there is something we can do about it. We can take control of our health by making healthier food choices. And it's not as hard as you think.

In this book, you will learn:

- The link between our food and our health
- The unhealthy ingredients that are making us sick
- How to make healthier food choices
- How to prevent chronic diseases

If you're ready to take control of your health, this book is for you.

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When You're Sick

What to Eat

What Not to Eat



Broth-Based Soup



Hot Tea



Sweets



Fatty Foods



Citrus Fruit



Popsicles



Dairy Products



Coffee



Honey



Spicy Foods



Crunchy Snacks

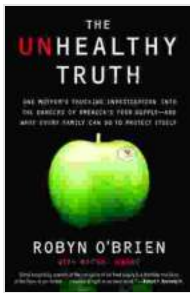


Alcohol

US National Library of Medicine, Institutes of Health

About the Author

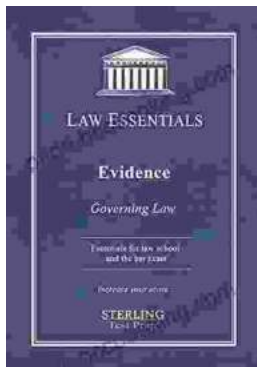
Dr. Mark Hyman is a practicing physician, New York Times bestselling author, and founder of The UltraWellness Center. He is a leading expert on nutrition and functional medicine, and has helped thousands of people achieve optimal health.



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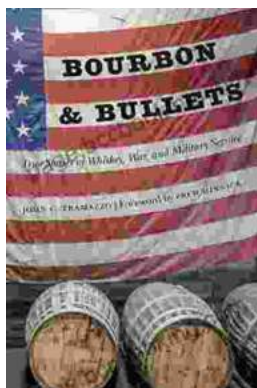
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