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HEALTHY EATING: THE BIG MISTAKE

How modern medicine has got it wrong
about diabetes, cholesterol, cancer,
Alzheimer's and obesity

Dr Verner Wheelock
with Marika Sboros

by Dr Verner Wheelock : **Healthy Eating: The Big Mistake: How modern medicine has got it wrong about diabetes, cholesterol, cancer, Alzheimer?s and obetity**

ISBN : #1907797602 | Date : 2018-01-23

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PDF-bc59d | This book is an investment in your life-long health. Dr Verner Wheelock brings the food scientist's eagle eye to the conflicting nutritional messages you receive from governments, doctors, dietitians and the media. This book: - Dissects the original scientific evidence upon which official dietary guidelines are based; - Busts accepted myths about 'good' and 'bad' cholesterol; - Demonstra... *Healthy Eating: The Big Mistake: How modern medicine has got it wrong about diabetes, cholesterol, cancer, Alzheimer?s and obetity*

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