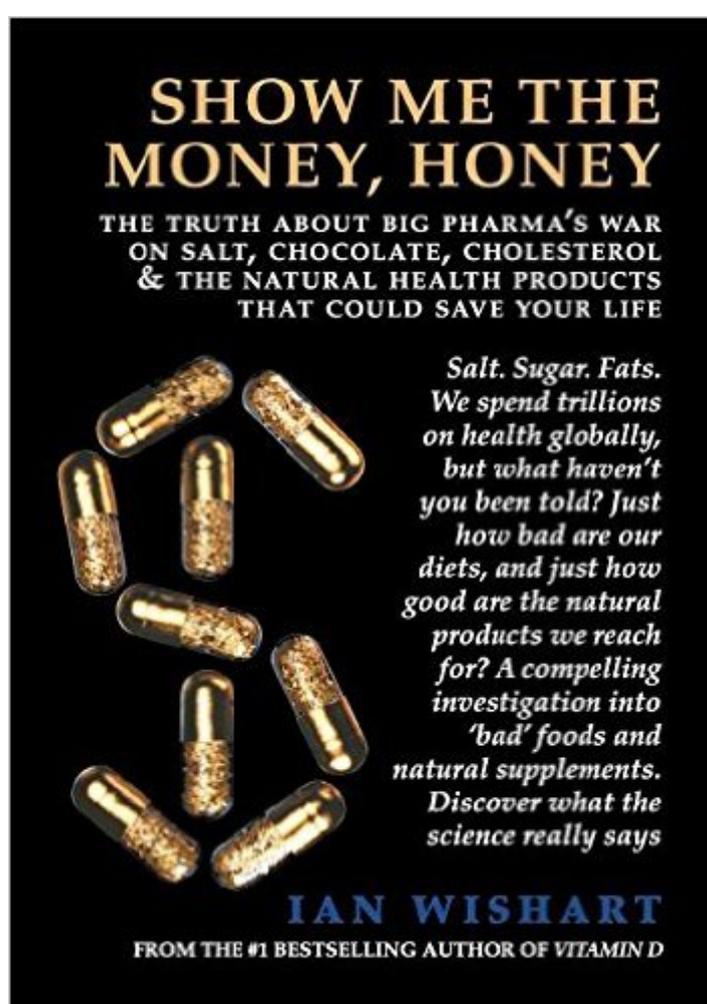


The book was found

Show Me The Money, Honey: The Truth About Big Pharma's War On Salt, Chocolate, Cholesterol & 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

Book Information

Paperback: 240 pages

Publisher: Howling at the Moon Pub. (August 9, 2016)

Language: English

ISBN-10: 0994106483

ISBN-13: 978-0994106483

Product Dimensions: 5.8 x 0.5 x 8.3 inches

Shipping Weight: 10.2 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (2 customer reviews)

Best Sellers Rank: #566,654 in Books (See Top 100 in Books) #117 in [Books > Cookbooks, Food & Wine > Special Diet > Low Salt](#) #124 in [Books > Cookbooks, Food & Wine > Special Diet > Low Cholesterol](#) #237 in [Books > Health, Fitness & Dieting > Nutrition > Vitamins &](#)

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'.

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