



## The Fallacy of the Calorie: Why the Modern Western Diet Is Killing Us and How to Stop It (Paperback)

By Dr Michael S Fenster

Koehler Books, United States, 2014. Paperback. Book Condition: New. 90 x 60 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Jean Anthelme Brillat-Savarin wrote in The Physiology of Taste, two months before his death, Tell me what you eat, and I will tell you who you are. In the almost two hundred years since its publication in 1825 we have borne witness to the ultimate veracity of such a simple observation. We have seen that truism reflected in our own modern Western diet. It is a diet that delivers us unto the disabilities and diseases of modern civilization: obesity, diabetes, cardiovascular disease, gastrointestinal disease, neurologic disease, and autoimmune disease. Disabilities and diseases that have at their root a chronic, continuous low-level inflammation. Now for the first time, Dr. Mike, cardiologist and chef, reveals the how and the why of the modern Western diet. He explains how we are hardwired to seek out sugar, salt, and fat. He details how that greed for these consumables allowed us to become the most dominant species on the planet and to construct the most technologically advanced and complex social structure the world has ever known. But that progress has not come...



## Reviews

This ebook is indeed gripping and fascinating. it had been writtern really properly and helpful. I am very easily could possibly get a satisfaction of reading a published publication.

-- Maude Ritchie

This pdf is worth buying. It is actually writter in basic words and not confusing. Its been printed in an remarkably basic way in fact it is merely following i finished reading this publication through which really altered me, affect the way i really believe.

-- Dr. Linwood Lehner IV

## Other Kindle Books



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 effective guide for parents and students to...



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 see BONUS: Your FREE Gift chapter after...



Children's Educational Book: Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius. Age 7 8 9 10 Year-Olds. [Us English] (Paperback)

Createspace, United States, 2013. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to expand and inspire young minds; this is...



Children's Educational Book Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius Age 7 8 9 10 Year-Olds. [British English] (Paperback)

Createspace, United States, 2013. Paperback. Book Condition: New. 248 x 170 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to expand and inspire young minds; this is...



Jack Drummond s Christmas Present: Adventure Series for Children Ages 9-12 (Paperback)

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. A very warm welcome to Jack Drummond s Christmas Present, the sixth book in the series for children ages 9-12....



California Version of Who Am I in the Lives of Children? an Introduction to Early Childhood Education, Enhanced Pearson Etext with Loose-Leaf Version -- Access Card Package

Pearson, United States, 2015. Loose-leaf. Book Condition: New. 10th. 249 x 201 mm. Language: English. Brand New Book. NOTE: Used books, rentals, and purchases made outside of Pearson If purchasing or renting from companies other than Pearson, the access codes for...