



The Gluten Lie: And Other Myths About What You Eat

By Alan Levinovitz

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The Gluten Lie: And Other Myths About What You Eat By Alan Levinovitz

An incendiary work of science journalism debunking the myths that dominate the American diet and showing readers how to stop feeling guilty and start loving their food again—sure to ignite controversy over our obsession with what it means to eat right.

FREE YOURSELF FROM ANXIETY ABOUT WHAT YOU EAT

Gluten. Salt. Sugar. Fat. These are the villains of the American diet—or so a host of doctors and nutritionists would have you believe. But the science is far from settled and we are racing to eliminate wheat and corn syrup from our diets because we've been lied to. The truth is that almost all of us can put the buns back on our burgers and be just fine.

Remember when butter was the enemy? Now it's good for you. You may have lived through times when the Atkins Diet was good, then bad, then good again; you may have wondered why all your friends cut down on salt or went Paleo; and you might even be thinking about cutting out wheat products from your own diet.

For readers suffering from dietary whiplash, *The Gluten Lie* is the answer. Scientists and physicians know shockingly little about proper nutrition that they didn't know a thousand years ago, even though Americans spend billions of dollars and countless hours obsessing over "eating right."

In this groundbreaking work, Alan Levinovitz takes on bestselling physicians and dietitians, exposing the myths behind how we come to believe which foods are good and which are bad—and pointing the way to a truly healthful life, free from anxiety about what we eat.

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- Sales Rank: #195123 in eBooks
- Published on: 2015-04-21
- Released on: 2015-04-21
- Format: Kindle eBook

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Editorial Review

Review

"A factually accurate and highly entertaining work." ---Peter Gibson, MD, Director of Gastroenterology at the Alfred Hospital and Monash University

About the Author

Alan Levinovitz, PhD, is an assistant professor of Chinese philosophy and religion at James Madison University. His writing has appeared in Slate, Wired, the Believer, and the Millions, as well as in academic journals. Alan lives in Virginia with his family.

Barry Press, an active professional actor, director, and teacher for over thirty-five years, has performed Off-Broadway and at numerous regional theaters. The winner of an AudioFile Earphones Award, Barry has been an active voice talent for books in a variety of genres.

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