



DOWNLOAD



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

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...



READ ONLINE
[5.12 MB]

Reviews

I actually began looking at this pdf. It is actually rally interesting through reading time period. You will not really feel monotony at at any time of your respective time (that's what catalogues are for concerning if you ask me).

-- **Brayan Mohr Sr.**

A superior quality publication along with the font used was fascinating to learn. I have read through and i also am certain that i am going to going to go through yet again again in the future. Your life period will likely be enhance the instant you total reading this publication.

-- **Donnie Rice**