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Misinformed about Food (Paperback)

By Randy Karp

Global Solutions Press, United States, 2009. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The answers are here. Misinformed About Food connects the dots-uncovering the truth about the food we eat and the power of super-nutrients. Author Randy Karp reveals the information you need to know and the misinformation you may wish you hadn't. The conclusions are based on four years of researching the researchers; interrogating the findings from some of the world's greatest minds. The information is presented for the first time in a formidable program you can put to work today for long-term health and vitality. Based on science, not anecdote; data, not headline news, Karp pulls together the latest cutting edge findings in prevention by scientists on the forefront of change, including the right supplements you need and why you need them. His Synergy of Super-Nutrients (SOS) program permits you to truly unlock the real power of food. Easy to follow recipes by wife Kelly Karp, shows how the most challenged of us can turn even brussels sprouts into a sought-after food. Some of the questions that are raised in the book: Is soy friend or foe? Does calcium cause osteoporosis? Is celery endangering our health? What is the truth...



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