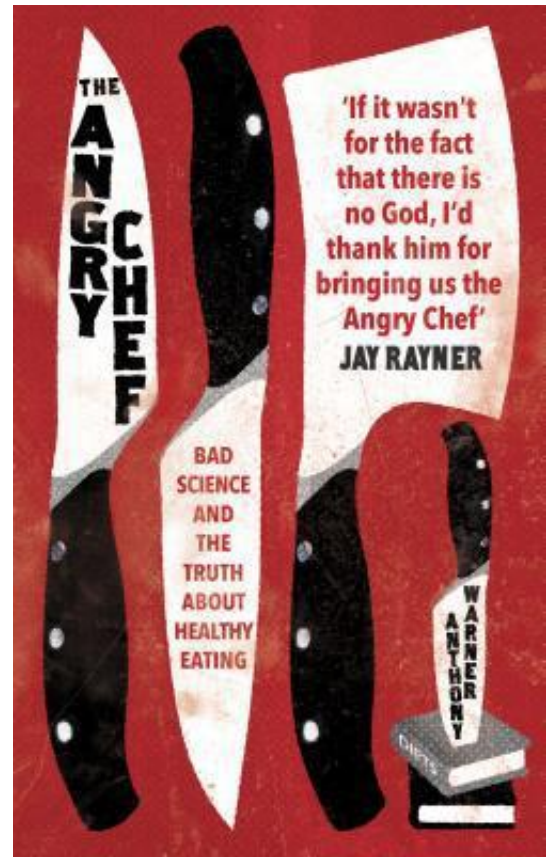


READ The Angry Chef: Bad Science and the Truth about Healthy Eating by Anthony Warner [KINDLE]

Detail Book:

- **Title:** The Angry Chef: Bad Science and the Truth about Healthy Eating
- **Author:** Anthony Warner
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Book Synopsis:

"The popular understanding of nutrition is clouded by superstitions, primitive intuitions, conspiracy theories, and old wives' tales. This irreverent and intelligent expose brings sanity and good sense to one of life's great pleasures." ?Steven Pinker, author of Angels of Our Better Nature

Never before have we had so much information available to us about food and health. There's GAPS, paleo, detox, gluten-free, alkaline, the sugar conspiracy, clean eating... Unfortunately, a lot of it is not only wrong but actually harmful. So why do so many of us believe this bad science? Assembling a crack team of psychiatrists, behavioural economists, food scientists and dietitians, the Angry Chef unravels the mystery of why sensible, intelligent people are so easily taken in by the latest food fads, making brief detours for an expletive-laden rant. At the end of it all you'll have the tools to spot pseudoscience for yourself and the Angry Chef will be off for a nice cup of tea – and it will have two sugars in it, thank you very much.