

Big Fat Lies: The Truth about Obesity, Disease and Health



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Reviews

This written publication is fantastic. This can be for anyone who statte that there had not been a well worth reading through. I realized this pdf from my i and dad recommended this publication to discover.

(Maye Schoen)

BIG FAT LIES: THE TRUTH ABOUT OBESITY, DISEASE AND HEALTH



Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Fat is Bad.Right? As a society, we now have a new form of sanctioned bigotry: fat intolerance. We re told over and over again that more people worldwide are fatter than ever before in history and that s a huge problem! Why? Simply because fat is bad. There s an obesity epidemic going around and we ve got to do something about it, quick! It s been assumed that the winning solution is to eat less and exercise more. But have we even agreed on the problem? Is fat really all that bad? Better Health is Only a Liposuction Away We have assumed that being lazy leads to fatness and fatness leads to sickness.but is it true? The reasoning behind coercing all us fatties to lose weight is under the guise of better health. But it turns out that blaming fatness for sickness is a view unsupported by scientific literature. Somewhere along the lines, the correlation between weight and illness was fabricated and we ve been believing it ever since. And I know what you re thinking: what about heart disease? What about diabetes? Well, if losing weight actually healed these diseases, wouldn t liposuction do the job? Turns out it doesn t. So there must be something else going on here. The Great Fat Conspiracy In Big Fat Lies, author Joey Lott takes on the big (no pun intended) beast of the so-called obesity epidemic, questioning everything we ve come to assume about fatness. He goes on to bust apart prevailing food myths and breaks down the theory that fat is bad, one calorie at a time. The book begs the question: might the diseases we re...



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