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Lies My Doctor Told Me reveals the truth behind the lies told by well-meaning doctors. Whether it's recommending a low-fat diet, or warning you to avoid the sun, these medical lies can cause really harm to your health. Does your doctor still recommend that you avoid cholesterol and eat lots of whole-grains? What about a paleo diet or ketogenic diet, have they been mentioned in an office visit? So much of the nutrition and lifestyle advice doctors give is just plain wrong, and that can be dangerous. This book will help you sort through the medical myths and the outright lies, and begin to develop a health partnership with your doctor. This book will teach you: Order Lies My Doctor Told Me today, as your first step towards a better diet, better health, and a better relationship with your doctor.

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