



## Honest Nutrition: A Descent into the Ocean of Nutritional Prattle and Coming Up for Air (Paperback)

By Ira Edwards

Trafford Publishing, Canada, 2006. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Honest Nutrition is an attempt to do what textbooks and hundreds of diet books do not. Nutrition textbooks do not tell you that this science is in its infancy, nor how many scientific claims are open to question, based on faulty research or simple hunches. If they include some of the biochemical and physiological context of nutrition, they still omit financial, social and political aspects. After attempting to understand the prejudice against vitamins and supplements among the industrial-medical-political Big Brother (IMP-BB) and the lack of evidence for most alternatives, there is still some useful information. Opposing philosophies are denoted as SUPR (SURgery-PRescription orientation) and UTHR (Unconventional Therapies, Herbal Remedies.) Honest Nutrition uses a large alphabetical section to give easy access to useful information about many diseases and nutritional therapies. Honest Nutrition includes information about hormone resistance diseases, cryptic infections as a cause of unknown etiology diseases, and the effect of nutrition on behavior and criminality. Some claims: 1. Obesity always involves hormones, sometimes with positive-feedback loops, which is why Just eat less and exercise seldom works. 2. A major factor in arterial disease...



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