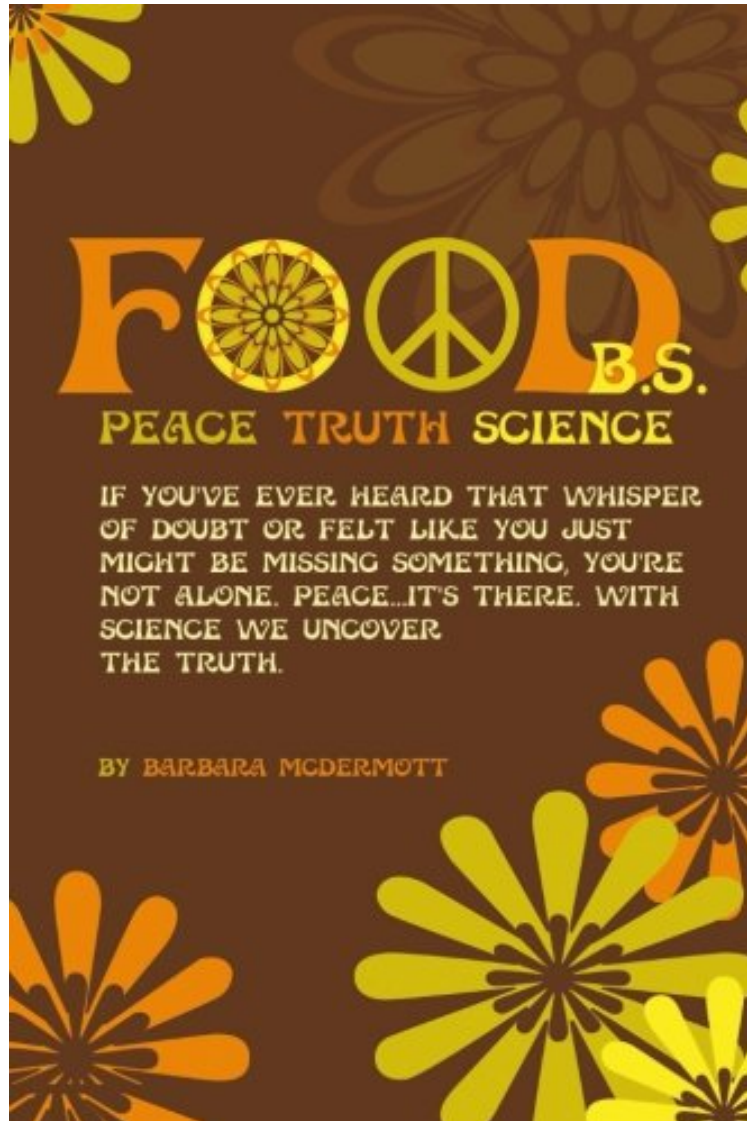


(Download free pdf) Food B.S.: Where Science, Sanity, and Satire Collide

Food B.S.: Where Science, Sanity, and Satire Collide

Barbara McDermott

*DOC | *audiobook | ebooks | Download PDF | ePub*



 Download

 Read Online

#217968 in Books 2017-01-06Original language:English 9.00 x .34 x 6.00l, #File Name: 1541264762148 pages | File size: 46.Mb

Barbara McDermott : Food B.S.: Where Science, Sanity, and Satire Collide before purchasing it in order to gage whether or not it would be worth my time, and all praised Food B.S.: Where Science, Sanity, and Satire Collide:

5 of 5 people found the following review helpful. Food BSBy Linda CI have been reading a lot of metabolism articles and books lately to learn to reset your metabolism to counter my hypothyroidism and received this book free to read. Most of my adult life I always tried to eat lean and healthy because both parents had heart disease. I was lean most of my adult life but gradually the pounds began to increase and were harder to get off. I struggle to keep my cholesterol down and have been diagnosed with hypothyroidism. I have also developed arthritis. Most of the metabolism reset and

diet books have you on ridiculous meal plans that keep you cooking all the time and most of the food is not great. Many of us are busy and we don't want to spend all our time planning, shopping, and cooking. This book has really opened my eyes to how your body processes the food and how unhealthy carbs are for us. I never knew fructose from fruit makes you liver fat or glucose from any carbohydrates (even the whole grains we have been encouraged to eat) make your belly fat! So I am shifting from all the carbs to satisfying protein and healthy fats along with lots of leafy greens and veggies. This book has really given me an entirely new outlook on eating for a healthy mind and body. 4 of 4 people found the following review helpful. The true BS about your health. By maw maw For anyone trying to "eat themselves healthy" by following government guidelines and the advice of health gurus...this is the book for you. If you find yourself wondering why you continually fail when you religiously follow the rules for a healthy body...this book is for you. Ms. McDermott uses a no nonsense approach in Food BS to explain why you cannot be healthy if you are following the rules. She explains the science behind blood sugar in a way that makes sense. I believe that if you follow the advice given in Food BS, you will soon see that healthy body emerge. You will not have to continually think of yourself as a failure. You will uncover that healthy body. I received the book for free. I have read and listened to so many "here is how to get healthy" messages that end up demanding money, that I was ready for this free book to end up being BS. Boy was I surprised. This free book is a keeper. It is worth your time (and health) to read it, question it, and check the research behind it. Take a chance with this book. You have nothing to lose. You might just gain a few more healthy years to spend with your family. 3 of 3 people found the following review helpful. Barb's Food B.S. book is very informative! By Debra S. Curry I just finished reading Barb's FOOD B.S. book and found it very informative and easy to understand. I've been a personal trainer and weight management coach for 25 years and have stressed all of these factors to my clients. This book helps to understand the science behind the reasons that we need to pay more attention to what we give ourselves and our families when buying and preparing food. This is a great book for everyone and no matter how much you think you know you will learn something new! Thanks for sharing!

About FOOD B.S. Barb McDermott (SHIFT Formula Founder) brings common sense to nutrition and health gain. FOOD B.S. is an entertaining romp through life with that four-letter word FOOD. Her refreshing, no nonsense approach of uncovering truth using non-negotiable rules of science demystifies food once and for all. "A truly unique, witty and life enhancing read!" Have You Ever Wandered Through A Grocery Store And Wondered Why does eating healthy or losing weight have to be so darn complicated and confusing? Why hasn't my mindful, plant-based eating solved my problem? Does eating low-fat truly translate into heart and brain health? Is going organic really the cancer answer it's touted to be? Is there something I should be eating to avoid Alzheimers? Why, the hell!... if I'm counting calories and exercising more, am I still in waistline woe? Is our biggest epidemic, Diabetes, the food teacher no one's paying attention to? And why do all those people on the checkout stand food magazine covers look so damned happy? Who FOOD B.S. Can Help If you suffer from or are concerned about Accelerated Aging, Acid Reflux, Adrenal Fatigue, Alopecia, Alzheimers, Asthma, Autism, Brain Fog, Cancer, Celiac, Chronic Fatigue, Chronic Pain, Crohns, Depression, Diabetes Type-1, Diabetes Type-2, Epilepsy, Food Cravings, Fibromyalgia, Heart Disease, Inflammation, Irritable Bowel Syndrome, Menopause, Multiple Sclerosis, Nash, Parkinsons, Restless Leg Syndrome, Rheumatoid Arthritis, Weight Gain then find out why they have met their match when science teacher (Barb) brings you into her classroom (life) and guides you to the answers you've been seeking. Help and guidance for these ailments are all found in the basic metabolic principles of food which, by the way, apply to all humans. Entertaining. Enlightening. Empowering. If you've ever found the big science and nutrition books to be, well, over your head or just too boring or complicated to get through...FOOD B.S. was written especially for you! Quick to digest and simple to understand. You'll find yourself devouring it in one sitting so you can begin taking action to enhance the health of you and your family right away without confusion, frustration, pills, potions, powders or diet. With FOOD B.S. you'll clearly see why there are No Food Off Limits, Just Know Food Limits.

About the Author Learn more about Barb and also get her (FREE) 7-Day Meal Plan System at <http://ShiftMealPlan.com> Founder of the SHIFT Formula, Barb McDermott has helped countless people suffering from diabetes, cancer, heart disease, rheumatoid arthritis, chronic pain, weight gain, pre-diabetes, depression, and other ailments. Barb's journey that would lead to the SHIFT Formula started when daughter Erin was diagnosed (Type 1 Diabetes) at age 16. Despite following doctors orders and the general protocol for healthy living including exercise and a balanced, organic foods diet her daughter was progressively slipping away. Steady weight gain, steady health decline. Only a mother can understand the pain and suffering of a child crumbling under the weight of a lifetime, moment to moment-impacting disease. Which is why Barb took matters into her own hands. Prior to the SHIFT Formula, Barb and her husband owned and operated a chain of health clubs and hosted their own exercise television show while producing top-selling exercise videos. Besides daughter Erin who lost 30 pounds and has since regained her life and vitality by following the SHIFT Formula, Barb is the mother of Grace, a professional photographer and Charlie, who plays Axl Heck, eldest son on the ABC television hit comedy, The Middle. Today Barb and her husband live on the bay in Fort Myers Beach, FL where they help guests rejuvenate their health at their SHIFT Retreat. To

learn more about the SHIFT Retreat go to: <http://ShiftInParadise.com>