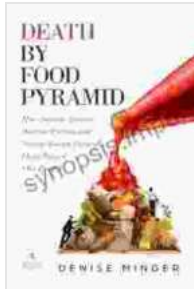


How Shoddy Science, Sketchy Politics, and Shady Special Interests Have Ruined Our Health



Death by Food Pyramid: How Shoddy Science, Sketchy Politics and Shady Special Interests Have Ruined Our

Health by Denise Minger

★★★★☆ 4.7 out of 5

Language	: English
File size	: 6694 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 314 pages
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This book is a wake-up call for anyone who cares about their health. It exposes the shocking truth about how shoddy science, sketchy politics, and shady special interests have ruined our health.

From the food we eat to the air we breathe, our health is under attack from all sides. This book will open your eyes to the truth about the threats to our health and empower you to take action to protect yourself and your loved ones.

Shoddy Science

The food industry has spent millions of dollars on studies designed to make their products look healthy. But many of these studies are shoddy science, and they cannot be trusted.

For example, a study funded by the sugar industry found that sugar does not cause weight gain. But this study was later retracted after it was found that the researchers had manipulated the data.

Another study, funded by the meat industry, found that red meat does not increase the risk of heart disease. But this study was also retracted after it was found that the researchers had cherry-picked the data.

These are just two examples of the many shoddy science studies that have been used to mislead the public about the health effects of food. The truth is that many of the foods we eat are making us sick.

Sketchy Politics

The food industry has also used its political influence to protect its profits. It has lobbied against laws that would require food companies to label their products honestly. It has also funded campaigns to defeat candidates who support nutrition policies.

As a result of the food industry's political influence, we have a food system that is designed to make us sick. The food we eat is full of sugar, unhealthy fats, and processed ingredients. It is also often contaminated with pesticides and other harmful chemicals.

Shady Special Interests

The food industry is not the only industry that has used shoddy science and sketchy politics to harm our health. The pharmaceutical industry, the chemical industry, and the tobacco industry have all done the same.

These industries have spent billions of dollars on studies designed to make their products look safe. They have also lobbied against laws that would regulate their products. And they have funded campaigns to defeat candidates who support public health policies.

As a result of these industries' influence, we have a healthcare system that is designed to make us sick. The drugs we take are often ineffective and dangerous. The chemicals we are exposed to are harmful to our health. And the tobacco products we smoke are deadly.

What Can We Do?

The good news is that we can take action to protect our health. We can:

- Eat a healthy diet that is based on whole, unprocessed foods.
- Avoid processed foods, sugary drinks, and unhealthy fats.
- Get regular exercise.
- Avoid smoking.
- Get vaccinated.
- Support public health policies.

By taking these actions, we can reduce our risk of developing chronic diseases such as heart disease, cancer, and diabetes. We can also improve our overall health and well-being.

This book is a call to action. It is time for us to take back our health from the food industry, the pharmaceutical industry, and the other special interests that have ruined it.

We can do it. Together, we can create a healthier future for ourselves and our children.

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