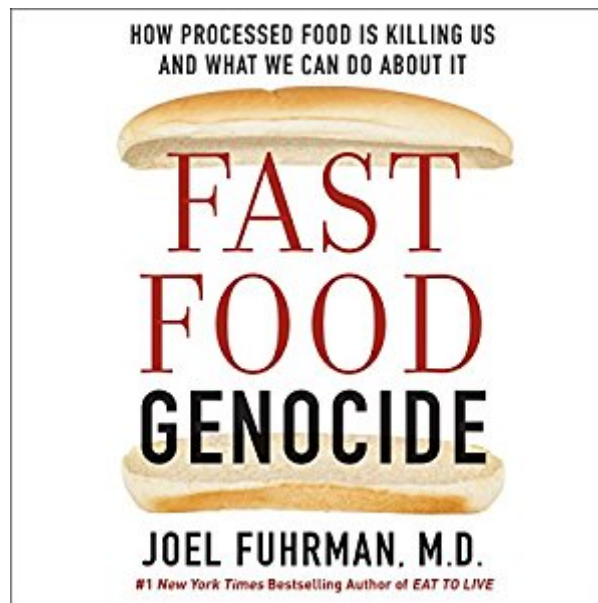




Ebook Directory
the best source of ebook

The book was found

Fast Food Genocide: How Processed Food Is Killing Us And What We Can Do About It



Synopsis

Revered nutrition and health expert, PBS personality, and best-selling author of *Eat to Live*, *Super Immunity*, and *The End of Diabetes*, Dr. Joel Fuhrman delivers a hard-hitting, culture-shifting examination of the role fast and processed food plays in our nation's health crisis and offers a program to help us discover a lasting solution, including a two-week meal plan and 80 recipes. We're eating our way to discomfort, unhappiness, disease, and premature death. Processed and fake foods have become the primary source of calories in the United States - a trend that is growing across the developed world. While these "Frankenfoods" efficiently feed the majority of our citizens, they do not contain the sustaining biological and chemical properties of food produced in nature. This fast-food solution is causing a fast-food genocide that is shaping our bodies and our futures, Joel Fuhrman, MD, warns. Eating these unhealthy foods make us fatter and profoundly affects our brains, behaviors, and even our genetic makeup, leaving us helpless to social forces that will keep us eating fast food forever, he explains. They create an avalanche of harmful problems - chronic disease, lowered intelligence levels, and attention deficits that are intrinsically linked to poverty, reduced educational and occupational opportunities, and even increased drug addiction, violence, and crime. An urgent call to action, *Fast Food Genocide* also provides a clear and very achievable solution. While food can destroy the world, it can also heal it. We must take back control of our diet - by eating specific natural ingredients in a balanced way - and in doing so, our right to a healthy, long life. "Greater knowledge leads to a solution; a solution to your personal health issues and a solution for our society," Dr. Fuhrman writes. "But it starts with you."

Book Information

Audible Audio Edition

Listening Length: 10 hours

Program Type: Audiobook

Version: Unabridged

Publisher: Harper Audio

Scheduled Audible.com Release Date: October 17, 2017

Language: English

ASIN: B0742N412T

Best Sellers Rank: #39 in Books > Audible Audiobooks > Health, Mind & Body > Diet & Nutrition
#239 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments #273 in Books > Health, Fitness & Dieting > Nutrition

[Download to continue reading...](#)

Fast Food Genocide: How Processed Food Is Killing Us and What We Can Do About It Daniel Fast:
50 Plant Based, Whole Foods Daniel Fast Recipes+Daniel Fast Food List And Breakthrough
Secrets (Daniel Fast, Daniel Plan, Daniel Plan Cookbook, Whole Foods, Daniel Fast Cookbook)
Live to Tell: A Self Managing Child Slave Survivor of Pol Pot's Regime (True Story, Killing Fields,
South East Asia History, Khmer Story, Khmer Rouge Genocide, Pol Pot Genocide, Cambodia
History) 100 Days of Real Food: Fast & Fabulous: The Easy and Delicious Way to Cut Out
Processed Food Fat Chance: Beating the Odds Against Sugar, Processed Food, Obesity, and
Disease Pandora's Lunchbox: How Processed Food Took Over the American Meal Genocide and
Settler Society: Frontier Violence and Stolen Indigenous Children in Australian History (War and
Genocide) Let Them Not Return: Sayfo €#147; The Genocide Against the Assyrian,
Syriac, and Chaldean Christians in the Ottoman Empire (War and Genocide) Genocide and the
Bosnian War (Genocide in Modern Times) Genocide by Attrition: The Nuba Mountains of Sudan
(Genocide Studies) Genocide in Darfur (Genocide in Modern Times) Alive in the Killing Fields:
Surviving the Khmer Rouge Genocide (Biography) The Daniel Fast: The Ultimate Guide To The
Daniel Fast: recipes, Daniel diet, Daniel plan, Daniel fast for beginners, cookbook, vegan diet,
vegan plan, prayer, fasting, weight loss FAST 2016 Motorcycle PinUp Calendar Digital Yearbook:
Fast Dates World Superbikes, Iron & Lace Custom Motorcycles & Garage Girls PinUp Calendars
(FAST Motorcycle PinUp Calendar Digital Yearbook) Food Truck Business: How To Start Your Own
Food Truck While Growing & Succeeding As Your Own Boss (Food Truck, Food Truck Business,
Passive Income, Food ... Truck Startup, Food Truck Business Plan,) They Can Live in the Desert
but Nowhere Else: A History of the Armenian Genocide Whole Food: The 30 day Whole Food
Ultimate Cookbook 100recipes (Whole Food Diet, Whole Food Cookbook,Whole Food Recipes,
Clean Eating, Paleo, Ketogenic) Proteinaholic: How Our Obsession with Meat Is Killing Us and
What We Can Do About It Gasping for Air: How Breathing Is Killing Us and What We Can Do about
It Get Up!: Why Your Chair is Killing You and What You Can Do About It

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)