



## Truth About Food

By Jill Fullerton-Smith

Bloomsbury Publishing, 2007. Taschenbuch. Book Condition: Neu. Neu Neuware, Importqualität, auf Lager, SCHNELLVERSAND mit dpd - Is red wine good or bad for you Can certain foods stop you needing glasses Is it worth drinking eight glasses of water a day Which foods are aphrodisiacs, and which are just passion killers Why does your thin friend eat what she likes, yet never put on weight Do detox diets really work It s time to find out. The Truth About Food is the biggest-ever investigation of its kind. For the very first time, all the common myths about food have been put to the test in the science lab and in real-life trials, in order to prove once and for all which are fact and which are merely fiction. Whether exploring spinach, soya, omega-3 or dairy products, this landmark book reveals the truth, and nothing but the truth, about the effects of food on our bodies. 240 pp. Englisch.



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