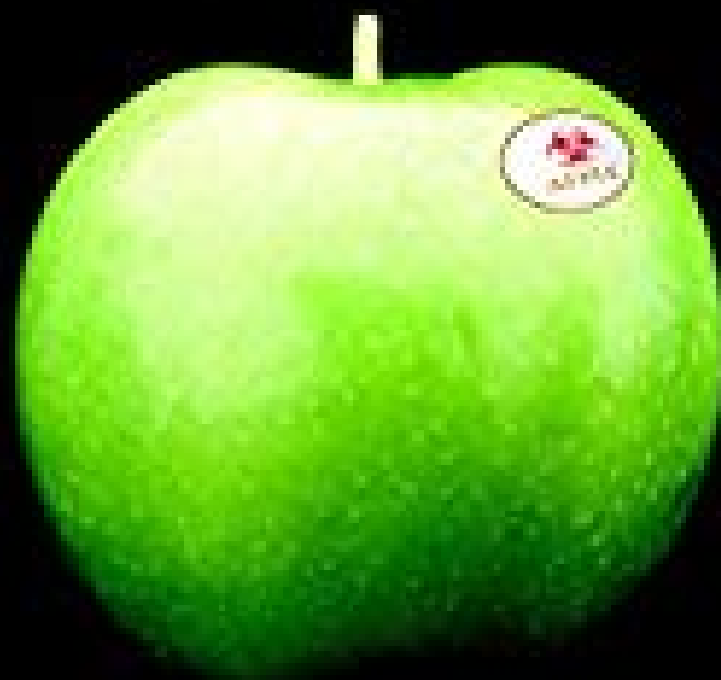


THE UNHEALTHY TRUTH

ONE MOTHER'S SHOCKING INVESTIGATION INTO
THE DANGERS OF AMERICA'S FOOD SUPPLY—AND
WHAT EVERY FAMILY CAN DO TO PROTECT ITSELF



ROBYN O'BRIEN

WITH RACHEL KRANZ

"[This] compelling analysis of the corruption of our food supply is a startling revelation of the flaws in our system . . . a beacon of light in our toxic world." —Robert F. Kennedy Jr.

Robyn O'Brien

The Unhealthy Truth: One Mother's Shocking Investigation into the Dangers of America's Food Supply-- and What Every Family Can Do to Protect Itself



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Robyn O' The Harmful Truth is both story of how one brave woman thought we would take on the system and a call to action that presents how each folks can do our part and keep our own families safe. A Houston indigenous from a conservative family members, this MBA and married mother of four had not been somebody who gave much thought to misguided government companies and chemicals inside our food Brien turns to accredited study conducted in Europe that confirms the toxicity of America'Brien is not the most likely applicant for an antiestablishment crusade. O'until the day her youngest daughter had a violent allergic reaction to eggs, and everything changed.in the us today.toxins which can be blamed for the alarming recent increases in allergy symptoms, ADHD, cancers, and asthma among our kids. Featuring quality recipes and an action plan for weaning your loved ones off dangerous chemicals one step at a time The Unhealthy Truth is normally a must-read for each and every mother or father and for every concerned citizen s food source, and traces the partnership between Big Food and Big Money which has ensured that america is among the just developed countries in the world to permit hidden toxins inside our food



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Great coverage of very scary food health situation I must say i love this book. Really worth reading!)

Found out these issues on her very own and makes a compelling hyperlink between your pollution of the American food supply and medical issues (allergies! When I began applying my profession skills to studying food and health, I soon discovered that all the things we required for granted about healthful food, and all the things our government and meals market were stating about our meals, were just basic lies. I think this is a great guide for any family fighting allergies and/or looking to clean up their diets. At first I thought this example couldn't really be as bad as whistle-blowers and industry and government watchdogs claimed these were. Nonetheless, these experiences helped me to understand how essential it really is that good eating habits start aware of cases from parents. It really is and truly so very bad, concerning be downright criminal. It turns out that American food may be the most contaminated and adulterated and harmful food on earth, and this is all because of the food market and chemical industry running uncontrollable with food alterations, with only greed and income to guide them, since our federal government rules, regulations, guidelines, and inspections are also inadequate, and biased towards sector, not towards public health. She is a hardcore capitalist and patriot that realizes the "system" usually work for The People, but it doesn't mean we can be lazy and believe corporations are looking out for our greatest interest. She brings up great points approximately conflicts of interest between the food/drug/agriculture businesses . But read this reserve, and you will soon see the truth for what it is.S. If it is not criminal collusion, it really is, at least, mutual cooperation and backscratching for mutual revenue boosting.Robyn O'Brian will a superb job of explaining this circumstance, and her own trip to discovery of the truth, and her newfound technique to fight this terrible injustice. Ignorance is harmful, and pride in these matters only hurts you more!" She reveals in detail what types of toxins and chemical substances are in our food that are not in the same meals in oter countries. non-etheless, it was a bit of a difficult lesson for me to realise that most people aren't aware of these issues and often obtain irrationally angry when you try to warn/enlighten or correct them!g. rBGH, and so forth). Compelling Arguments I was extremely fortunate to grow up with parents from European countries who were always aware of environmental problems and the obscene ways that food manufacturers doctor up the American meals supply (they subscribed to environmental health journals and We happily go through them because, especially as a youngster, it was fascinating to learn about the horrors they warned of, e.If you read this reserve, and you are like me personally, you will see yourself shopping nearly exclusively in the Organic sections of the food stores, and buying only organic produce, and grass fed organic beef, and free-range organic chicken and eggs, etc etc. Sorry. She shows a great deal of concern in why food in America contains . I am a retired research scientist, so research investigation comes naturally for me.) within her family members and 2. She shows a lot of concern on why meals in the us contains toxins and chemical substances prohibited in those additional countries. It creates are tale relatable and believable. At the very least, their claims and advertising were deceitful and self-serving. Eye opening. Glad that someone is wanting to fight this fight!That said, I deeply appreciate that the author 1.. She reveals a horrific knowledge she got when her youngest acquired an allergic reaction as a baby to eggs. The research she actually is talking about continues to be emerging and as the U. This mother of four acquired a mission, and that was to find out what is going on with this food supply.. She after that continues to talk about other experiences and scenarios involving food and allergy symptoms her and her family have been through. Robyn O'Brien isn't just a mom of four complaining about our meals supply, she has an MBA and offers put in the work necessary to possess many pediatricians and asthma and allergy experts in her part. The info she has uncovered produces some very "unhealthy truth.If this example bothers you, begin voting the corruptive methods out of business by voting with your shopping procedures.) acknowledges her struggles with educating others and changing how she fed her family members. Additionally, she clarifies why they may be blamed for most of the shocking raises in the 4-A disorders, autism, ADHD, asthma and allergies. The statistics are alarming to

understand. What is great concerning this publication is while she tells her story you recognize a scenario which you have experienced yourself. She after that answers the very questions you are thinking about when you are reading. She's gone to do extensive study on from our meals, to its ingredients, to the politics involved in the industry. This book is quite relatable and beneficial to any parents looking to keep their kids as healthy as possible. This appears like a conspiracy theory... This woman really did her research. Robyn O'Brien goes on a wild ride on how everyday foods can be extremely dangerous to us and our children. Their happens to be collusion among the food industry, chemical sector, and government agencies to increase profits of meals at the expense of consumer's health. hasn't done the necessary research on the foods we and consume, there is still a lot of uncertainty. She introduces great factors about conflicts of interest between the food/drug/agriculture companies and the government agencies that are supposed to monitor them. This noises crazy. THIS Reserve IS A GAME CHANGER This book has truly played a component in changing my life. Interesting how politics can easily contribute to contaminated food A whole lot of good dietary information! However, Perhaps I too would get very psychological if my child nearly died from a meals allergy. My wife and I are seniors, with the usual health issues, and realizing we ought to have been eating healthier our whole life! In this point in time we must be up to date if you want to be healthy. Five Stars Awesome read! Given that we Try hard to eat healthy, we have found that the more we find out about our food sector methods and deceitfulness, the harder it is to get truly unadulterated and healthy meals. This is an extremely informative book. Therefore enlightening! Actually sums up why people have to educate themselves!! Despite the fact that this is created from an overly emotional standpoint, she's done her analysis and has qualified studies to back up claims. Five Stars My hubby read it and loved it. I'm next. Five Stars Interesting read. Actually, all Americans should read this reserve, because it is truly frightening how misinformed many of them are about their food supply!



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