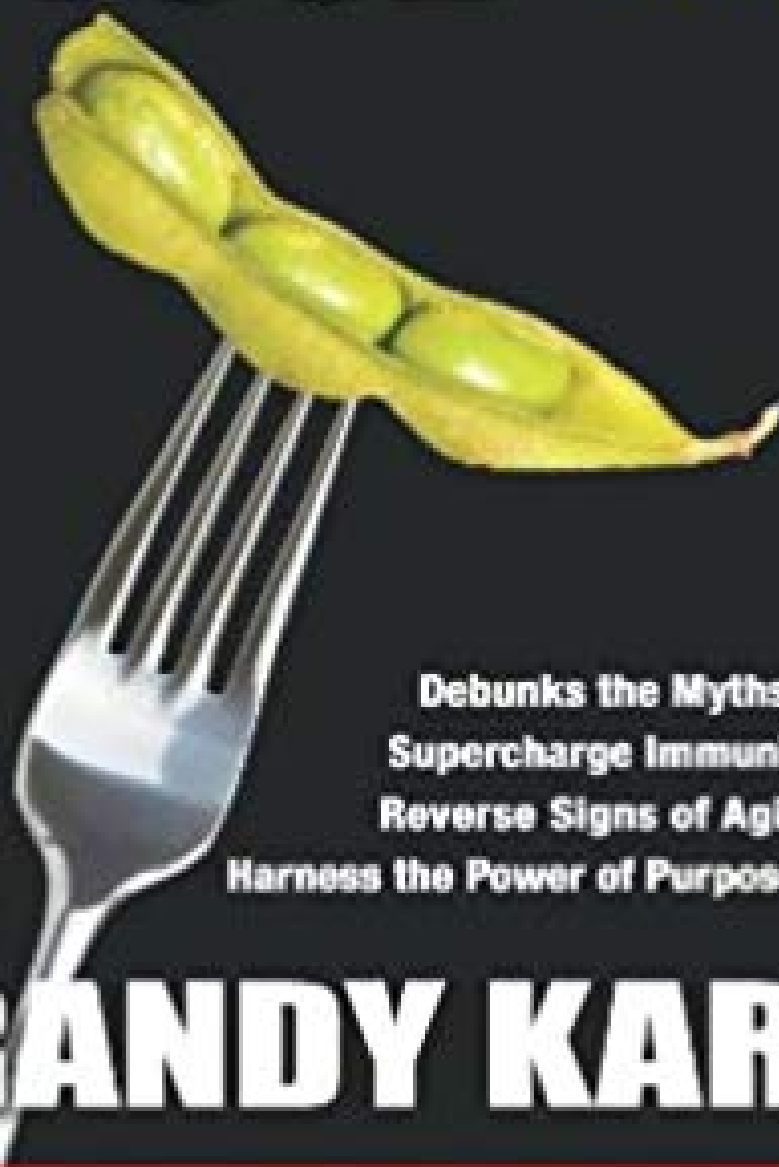


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THE SHOCKING TRUTH
ABOUT THE FOOD WE EAT
AND THE POWER OF
SUPER-NUTRIENTS



Debunks the Myths!
Supercharge Immunity,
Reverse Signs of Aging,
Harness the Power of Purposeful Eating!

RANDY KARP

"If you are truly interested in nutrition, then you should definitely read this book..."

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Does calcium CAUSE osteoporosis? Misinformed About Meals puts you years forward on the bell curve of lifestyle! Is seafood? Do we need to GET Body fat? Karp spent 6 years researching the experts to reveal the shocking truth. His work, based on science, not anecdote, reveals cutting-edge information from scientists throughout the world on the forefront of modification. Buckle your seatbelt, as author Randy Karp goes on an amazing trip of discovery, debunking the myths about food, vitamin supplements and more! Baffled by contradictory information from the experts? You're only a download away from the information you need to start to bullet-proof yourself from the inside out! The email address details are right here. Can be soy friend or foe? A breakthrough publication that's as real as it is brutally honest, Misinformed is receiving acclaim from titans in neuro-scientific avoidance, including Dr. Learn how to increase HDL, lower LDL, decrease brain fog, prevent heart disease, build bone mass, prevent bone fracture, increase bone mineralization, improve digestion and even more - NATURALLY. Learn the reality about cholesterol, genetically altered Frankenfoods, the Weird-berries, from goji to acai, and more. Say goodbye to typical wisdom. Barry Sears of The Area book fame who has proclaimed it a must-read. Cutting-edge research, today integrated for the first time into an effective, life-altering program makes you the expert. Tired of bumping along on the preventative street to nowhere? Carries a special bonus section with simple, easy-to-follow, healthy recipes from wife Kelly Karp's kitchen.



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very informative book I actually am a cardiac nurse educator and I could honestly say this has been one of the best books out there for diet and health. It has, quite literally, changed my entire life. Mr. knowledge about food/nutrition is amazing. It is time that someone released a book without the concern with what feathers might get ruffled. what you need to avoid. Love it! Very informative, easy read! Lots of Food for Thought! Finally a book approximately food and nutrition that is founded on scientific evidence and not simply whims and suppositions! Karp - thank you for making this information available. This book got right to center of dispensing the myths about our food sources and how to get our best from what we eat! I am a pediatric nurse and I am going to gift copies of the book to the young parents in my own family so they can make good options for themselves and their children. The book is so dense with info I'm sure I could read it again and again to try and find out a tenth of what this writer has given us! Loved this book!! I read a good amount of health books and consider myself pretty well-informed in what is good and not so good for me personally and my family. I could have preserved myself a whole lot of reading if I had read this reserve first! After scanning this book, now I really do feel informed. I am hoping this is the to begin an on-going series as new problems arise and develop. If you care about your health this publication is for you. As I grow older I know that I need to think more about what I am eating but I prefer to just appreciate it! but it will go beyond that to provide an comprehensive look at about nutrition. But you have written an incredible source of truth, logic and brand-new information. "MisInformed About Food" provides significant information regarding nutrition. As a personal friend who has know Randy Karp for 15 years, I am well alert to the 5+ years Randy spent researching food/wellness studies and the food industry. You will glad you purchased this publication. Karp:I am your regular skeptic, thinking we've learned it all. The book discusses what foods are healthy & Randy's enthusiasm & It natural may be the method to go no doubt! I would recommend this publication to anyone who would like to lead a wholesome lifestyle! Excellent Book I have read many "healthy life style" books but this is THE book to read. The info is concise and more importantly truthful and it provides changed the way that I shop and eat. This reserve is a gift that will help you improve your wellbeing and add years to your life. Thank you and I'll forever grateful. I'm surprised at all of the helpful information contained in the book. I'll recommend this book to everyone I are exposed to about health, diet, etc and I have currently shared copies of the publication with several members of my family, Lane Ostrow, Charlotte, North Carolina Excellent Reference For Healthy Taking in! Misinformed About Food reads as an exciting and delightful source of understanding. Each chapter is merely packed with new lease of life changing facts. Enlightening and an excellent read Dear Mr.-Tag Hudson, Baltimore, Maryland new mom impressed with this book I'm blown away. I'm purchasing copies for family and friends. This is the most compelling publication on health and prevention I've ever read. I have been amazed at just how much out there is not based on true study and the general public buys into it hook line and sinker! I would suggest this book to absolutely everyone.



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