

"One of the most popular voices on nutrition." — The Atlantic

Feeding You **LIES**

Features a
48-Hour
Toxin Takedown

**HOW TO UNRAVEL THE FOOD
INDUSTRY'S PLAYBOOK AND
RECLAIM YOUR HEALTH**

Vani Hari

New York Times best-selling author and founder of FoodBabe.com

Vani Hari

Feeding You Lies: How to Unravel the Food Industry's Playbook and Reclaim Your Health



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This follow-up to NY Times bestseller *The Food Babe Way* exposes the lies we've been told about our food--and takes readers on a journey to find healthy options.* Are you jumping from diet plan to diet and nothing at all seems to function? Are you sick of seeing contradictory health information from experts? Just like the tobacco market lied to us about the hazards of cigarettes, the same untruths, cover-ups, and deceptive practices are occurring in the food industry. * There's so much misunderstandings about what to eat. Vani Hari, aka THE MEALS Babe, blows the lid off the lies we've been fed about the food we eat--lies about its nutrient value, effects on our health and wellness, label information, and also the very science we base our food choices on. How nutrition research is manipulated by food company funded professionals * * The tricks food companies use to make their food addictive How to spot fake information generated by Big Meals You will discover: Why labels like "all natural" and "non-GMO" aren't what they seem and how to identify the healthiest food * Food advertising hoaxes that persuade us into buying junk food disguised as wellness food Vani guides you through a 48-hour Toxin Takedown to rid your pantry, and your body, of harmful chemicals--a quick and easy plan that anyone can do. A blueprint for living your life without preservatives, artificial sweeteners, additives, meals dyes, or fillers, eating foods that really nourish you and support your wellbeing, *Feeding You Lies* may be the first stage on a new path of truth in eating--and a journey to your best health ever.



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