

DR. STEVE CHANEY, PhD

SLAYING THE SUPPLEMENT MYTHS



THE TRUTH BEHIND THE HYPE

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Dr. Steve Chaney

Slaying The Supplement Myths



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Are you confused by the conflicting health supplement claims? If so, this reserve is for you. -Have no proof their items are either safe or effective? -An internationally recognized scientist who offers published over 100 research studies and reviews in peer-examined scientific journals. -Who advantages from supplementation, and who doesn't? Who in the event you believe? What is normally the truth? -Are supplements going to cure you, or destroy you? -Is normally fish oil healthy, or could it be really snake essential oil? -Are supplements a good investment, or a waste of money? -Do you get all the nutrients you need from meals, or not? How do you sort through the claims and counter claims? It is also buyer beware in the supplement industry. It guides you through the maze of promises and counter-claims, so that you can choose a supplement program that is best for you personally. This book gives you science-backed answers to these queries plus much more. -An writer who wrote two chapters on nourishment for the 1st 6 editions of 1 of the best biochemistry textbooks for medical students and currently publishes a You wish to know whether supplementation is practical for you and your family members, but it is so confusing. -Manufacture products they know are dangerous? -Make promises they know are not true? They lie for you. Dr. This publication shines a light in to the dark corners of the supplement industry and manuals you through the maze of incompetence, lies, and deception, so you can choose health supplements that are both effective and safe. Chaney is usually: -A bestselling author of the publication Slaying THE MEALS Myths-An award-earning professor who taught human metabolism and nutrition to medical learners at the University of NEW YORK at Chapel Hill for 40 years. On the web everyone is an expert. Did you know that some supplement companies: -Manufacture products which are worthless or contaminated?



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Just the advice I needed. Separates Hype from Truth! I'm so grateful to Dr. Chaney for placing this information into verbiage that almost anyone could understand. The Whole Truth This book is necessary in the current confusing onslaught of misinformation, hype, and downright lies. For many years I've relied upon Dr. Gives clearness to all or any the hype around supplements. He's a person of great compassion, knowledge, and professional expertise, that is rare these days. This book is so helpful. Don't depend on the media as well as your doctor when choosing a dietary supplement. This book is an easy read and assists the layman wade through the myriad of misinformation out there. Everybody should go through this I'm just halfway through this publication but I can't place it down. There's so much 'information' about supplements it boggles your brain. Thanks for sanity. Well Researched Dr. This book is easy to understand and I certainly appreciate someone explaining it in ways I can understand. Great publication! Chaney's, "Slaying the Product Myths", is usually well researched, Informative and readable and understand. The reserve is packed with useful info on what things to look for when looking for a trusted supplement company. NO HYPE Dr. Chany's history is impeccable. He's not really about HYPE and is actually interested in helping people select a good health supplement in the world of nutritional misunderstandings. I know that should you follow his assistance, and take your personal health seriously, you and your family will be greatly rewarded for many years to come. Thanks a lot Dr. Chaney! Great info This book is filled with wonderful information! This book is quite straight forward and gives clarity to all or any the confusing hype about supplements. It really is so easy to learn which I like because I'm not a scientist but I love to know scientific info when it comes to the decisions I make about my health. Purchaser beware in the dietary supplement industry. Great Book! Great Title! Read the book. You will not be sorry you did. Chaney to supply scientific evidence about diet, supplements, and health and wellness. A must have for anyone who increases their health with supplements! Read before you go out and buy supplements. Loved the way Dr Chaney clarifies the science. This is book is a must for anyone who would like ... This is book is crucial for anyone who would like to get the truth about the meals supplement industry. It is also easy to read for non scientists A great handbook for anyone wanting to know the truth about supplements. I've given this as a gift to close friends who are acquiring supplements. Dr. Chaney clearly discusses what to look for in choosing a supplement for your wellbeing.



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