

LIES

MY DOCTOR TOLD ME

MEDICAL MYTHS
That Can Harm Your Health



KEN D. BERRY, M.D.

Ken D. Berry MD

Lies My Doctor Told Me: Medical Myths That Can Harm Your Health



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Medical research is expanding so quickly that just the most dedicated doctors will keep up with everything. This book will teach you:--the truth about whole wheat's influence on the human body--whether milk is wonderful for you--the factual statements about fat intake on your own heart health--how the meals Pyramid came into existence--the dangers and great things about hormone therapy--the truth about salt--how doctors think about prevention and nutrition--much more. Order **LIES MY DOCTOR TOLD ME** today, as your first step towards an improved diet, better health, and a better relationship together with your doctor. If you've been misled by bad medical advice your health will suffer. It is time you discover the truth. Has your physician lied for you? Is your physician that dedicated? **Lies My Doctor Told Me** reveals the truth behind the lies told by well-meaning doctors. Whether it's recommending a low-fat diet, or warning you in order to avoid sunlight, these medical lies can cause really harm to your wellbeing. Does your physician still recommend that you avoid cholesterol and eat lots of whole-grains? This publication will help you evaluate the medical myths and the outright lies, and commence to develop a health partnership together with your doctor. So much of the nourishment and lifestyle information doctors give is merely plain incorrect, and that may be dangerous. How about a paleo diet plan or ketogenic diet, have they been mentioned in an office visit? Chances are he has, & most likely unknowingly.



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I'm heading to do this the moment I publish this review. Ken Berry takes an honest, evidence based approach to debunking many commonly held beliefs about wellness, wellness, and modern medicine. Unlike many doctors, Dr. Nutrition! Dr. He's not against pharmacology when suitable, but feels that many drugs are over-recommended by doctors. He feels these doctors will be doing their patients a better service by being up to date on the current analysis and advising their sufferers to check out a variety of diet and lifestyle choices before resorting to medication. Instead, he targets how lifestyle choices, especially diet, ought to be the first issue addressed to be able to achieve optimal wellbeing. Ken Berry on YouTube for awhile now, which is a book that he wrote in regards to a lot of the incorrect messages we have been getting for years from our Doctors, Pharmaceutical Companies and Medical Associations;! Anticipate to not place this book straight down! The chapters are comprehensive yet succinct, and assets for further reading on each subject are always provided. This is actually the perfect book to learn for yourself and then spread to others. Anticipate to let go of some of your very long held beliefs and replace them with fresh ones which will make your daily life and health better in every way. Each topic discussed is delivered in an informative, entertaining, and witty way. Be prepared to not put this book down once you start reading it! He also acknowledges that he utilized to end up being the out of form, fat doctor giving health advice to patients, and how he finally noticed that to business lead by example and be healthier, he needed to arm himself with the reality based on current research and actual science. Healthy, Dr. Berry and I've something in keeping. We were both influenced by Mark Sisson's reserve, The Primal Blueprint. This publication led me down a much better path compared to the one I was heading down before. Albeit not really a bad one, but one that needed more good tuning and direction. We learned all about Dr. Berry on the The Primal Blueprint Podcast. I really connected to what Dr. If you would like to get healthy and feel and look better then this is actually the book to read I recommend everyone read this book Essential read whatever kind of eating plan you choose to follow. Which, to me, means that it is not adulterated by a publisher's wishes to water down the message and/or be politically correct in it's presentation. That is one of those books that for most of your friends and family, they will shake their heads at you and tell you that you are crazy. Probably one of the most important books you could read this season. Nutrition is your reply! The key to an excellent, healthy life? Each chapter starts off with the lie, why you should care, support for the lie, the research and then what you might do. I was pleased to see that I've read a few of the books he recommends at the end of each chapter. So much important info, and places to find out more if you desire. A real Honest down to Earth Doctor I really like this book, and We thank God some Doctors do not ride with the tide and go with the flow. Berry recommends to learn a lot, which is something I really do regularly. He always factors you in a path to go find out more for yourself. Don't simply take his term as the gospel. I highly recommend reading this reserve no matter where you are in your daily life currently. I guarantee you will learn something new that will have a positive change on your own diet and/or lifestyle. Take charge of your health care with this book this book may be the perfect place for readers who want to start taking charge of your medical care. Want it gone? Berry's writing design is easy to browse and makes it easy for the reader to understand the subject matter. All in all, a very good read! Information you need before your next trip to the Doctor! When you have had a sense that you weren't necessarily obtaining the best medical information from your MD, this publication will clarify why! I did so. He tells us of many of the lies we are informed that many doctors don't even understand are lies! He goes on to tell us how we can execute a better job of of looking after ourselves, and prevent disease, but not necessarily by following a same rules that doctors would reveal to follow. Very nontechnical, but he encourages us to analyze for ourselves how to stay healthy and provides us with assets that people can read or study. There are some typos, but not enough to detract from the important info that he's presenting. Great starting point for every reader. I really like how he wrote the publication. Dr. Berry is normally a down to earth doctor who want's to know the truth. Is your health

important to you? Berry can be an advocate of the Keto Lifestyle of eating and once and for all reason...just like the old time doctors used to be. Dr. Our modern day doctors are formed by Big Pharma who've no interest in solving the issue.. Dr. rather put a band-aid about the symptom. Most doctors have good intentions, they were simply taught a couple of lies that they pass on to you. I wish I got him for a doctor. Pulls no punches. This reserve is self-published! Your Doctor is not a bad person; Berry. Done well! In basic language, Dr. Although I was familiar with almost all of these medical myths due to my own personal awakening several years ago, it was therefore exhilarating to discover them listed and organized in such a style. You've NEVER read a book such as this from an MD! When I discovered of his book, the title actually piqued my interest, so I immediately purchased it.. Berry pulls no punches and it displays in the hard-hitting information presented here. In the event that you see an MD, you then have to read this reserve! Dr. Berry provides asked his visitors to alert him to any typos or poor grammar also to suggest any various other "lies" to him for his following book. The Truth Will Set You Free In "Lies My Doctor Explained," Dr. I was delighted to observe that Dr. Berry. I'm very much looking forward to your next book! I enjoyed reading this reserve, Dr Berry's composing style is simple to follow. Dr Berry's writing style and articles is simple to follow. I recommend that you go through this book and follow up with the recommended reading by the end of the chapters. What an Eye-Opener Excellent Read! I stick to Dr. Berry's advice closely (relating to the Keto diet plan) and have found everything he teaches is usually gold! Excellent book and a real eye-opener. I highly suggest it. Have been following Dr.! Dr. Knowing everything you don't know might save you. Like the majority of people, they trust their current doctor and the treatment they give them, which if you are lucky is approximately a 6-7 go to where 9 occasions out of 10 it ends with the doctor giving you a prescription. I watch his YouTube channel a lot, therefore I knew a good deal of what is covered here before reading it, but nonetheless good to support him for his great journalism, he cites many reports, resources everything in the publication. Do not be afraid to read, it could literally save you or someone you like. The truth will set you free! Very well presented material made to quickly dispell many common medical and health myths which were promoted and accepted but that are not in fact based upon the latest in scientific research. Compiled by a medical doctor who's well informed and well researched. Your Health depends upon this Message! Interesting Interesting subject matter! Berry is very honest in this book about how he used to end up being 'that doctor' who gave out the standard tips and protocols learned by all doctors in medical school, even when in the rear of his brain he knew that there needed to be a better way. points that adversely impact our health and wellness. Dr. Berry want's the very best for his patients and really cares. Congratulations, Dr. just misinformed and has not swept up yet to the Truth of Nutritional Health. Read this reserve; be informed and help your Doctor help you become healthier and remedy a lot of things that Diet alone will cure! Have got Type II Diabetes? Ken fills us in on what the medical system has reached the point that it's in today, where doctors are trained mostly to treat disease and disease, but aren't taught how exactly to help their individuals stay healthy. Be educated because you only have ONE body to take care of! Have Inflammation? Dr. Are you in discomfort from it? We have been trained by the machine to feel great about getting a prescription, because it is the "only" way to raised wellness. Learn what foods make you well and what foods cause you to sick. Have to lose fat? This reserve is a real eyes opener. Berry will let you know! You ARE everything you eat! And your Doctor may not possess honed in on Nutrition in school or beyond. Now I don't! It really is your decision! Dr. Berry does not think that the first line of protection against medical problems should be a tablet. Eating the RIGHT foods and steering clear of the ones that deteriorate your health! Best book on health I absolutely loved this publication. Berry has changed just how I think of my body and wellness. Dr. Berry got to state. I very much anticipate reading some of the newer titles I have not yet heard of.



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