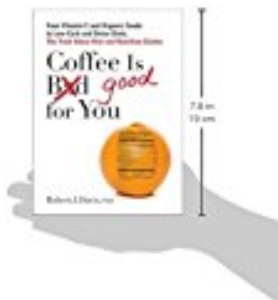


[PDF] Coffee Is Good For You: From Vitamin C And Organic Foods To Low-Carb And Detox Diets, The Truth About Diet And Nutrition Claims

Robert J. Davis - pdf download free book



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Description:

Review "Davis, an award-winning health journalist, sorts it all out for us in this slender, handy guide. Whether it's aspartame, high-fructose corn syrup, or gluten, Davis relies on only the best evidence to separate fact from half-truth and fiction...Davis includes a wealth of reliable references, and ends with 'Ten Tips for Deciphering Diet and Nutrition Claims,' a chapter worth the price of the book."

(-Booklist)

"*Coffee Is Good for You* will educate you, entertain you, and at times it'll even make you laugh. A must-read for anyone who's ever wondered whether or not to believe the hype."

(-Lisa "Hungry Girl" Lillien)

"Robert Davis deftly blends wit, wisdom, keen insights, and a voice of unfailing reason. I will be recommending this great resource to everyone I know."

(-Dr. David Katz, Director, Yale University Prevention Research Center)

"Wow, that was easy to understand! Robert Davis does it again with his light hearted and sensible translation of complicated nutrition science. Who knew reading about nutrition research could be so much fun?"

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"This book is a gem."

(-Dr. Nancy Snyderman, NBC News Chief Medical Editor)

"This nifty little handbook will appeal to a broad audience."

(Library Journal)

About the Author Robert J. Davis, Ph.D., is an award-winning health journalist whose work has appeared on CNN, PBS, WebMD, and in the *Wall Street Journal*. He is founder and editor in chief of Everwell.com and the author of *The Healthy Skeptic*. He also teaches at Emory University's Rollins School of Public Health.

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