

Reproduction of the original: A Doll s House by Henrik Ibsen

You just got your bone density test back. Your doctor wants you to take Actonel, Fosamax, Boniva, or Prolia. You don't understand why those calcium chews didn't work for you. You don't know why this is happening. You did what your doctor told you to do. You don't know what you did wrong. There's a better way. This is your answer. In her new book - based on proven facts and over 200 clinical studies - Harmony reveals the special strategies for keeping your bones as strong and healthy as possible. Would a powerful bone-building supplement used by thousands in Japan get your attention? You can start using this radically different unconventional approach TODAY to strengthen your bones. Worried that your bones are getting thin and brittle? Get the bone blueprint for strong flexibility. Bend, don't break! Don't waste time and money spending months searching unreliable sources with contradicting data. Let Harmony sort through the fluff and confusion for you, put all the pieces together to figure out what really works, and hand you exactly what you need to know. She makes it even easier by giving you the names and brands and even links to the exact products needed, so that you don't have to guess or search on your own for them. You'll learn: Why all that calcium you took didn't work The most common mistake that most women are making when it comes to bone health - that also makes them more wrinkled Which bone-strengthening strategy unknown to the vast majority of doctors works better in peer-reviewed medical research Why taking your doctor's advice could disfigure you The 11 critical nutrients that can make (or break) your bones Why calcium and medication isn't your best answer and the 3 simple things to do instead How the medication doctors prescribe can make your bones MORE likely to break over time The 15 biggest mistakes you are probably making right now that are damaging your bones How what you are doing to try to keep healthy strong bones could actually be causing other diseases in your body Why your doctor probably doesn't know about this research Secrets of the best cutting-edge medical researchers that you need to know to prevent bone loss and fractures Why taking extra calcium without THIS can give you heart disease How to reduce your fracture risk by at least 60% with a statistical 95% confidence level, cited in a meta-analysis of randomized controlled trial (RCT) clinical studies

How Any Man Can Achieve Lasting Health, Great Sex, and a Stronger, Leaner Body

I Am Malala

A Quest to Make Doctors Believe in Women's Pain

Ask Me About My Uterus

End Your Carb Confusion

A Novel

A Doll s House

Carnivore Cure is the first elimination protocol to explain how to adopt a meat-based diet to bring about healing. Get back to optimal health by finding the perfect foods to fuel your individual body. Most elimination diets work to an extent but fail to consider all the individual, physical symptoms, and food sensitivities. Most elimination diets remove processed foods and additives but fail to remove plant-based toxins that can contribute to disease. Until now. Introducing, Carnivore Cure. You start with meats that have the least number of allergens and sensitivities. Once you reach a baseline of health, then you can incorporate other meats that may have previously caused a sensitivity. As you heal the gut, if you choose to, you can slowly add back plant-based foods. Carnivore Cure will allow you to figure out what plant-based foods can work for your body in the long term. The Carnivore Cure will support you to find your happy medium by focusing on meat-based diet while incorporating the safest plants with most food intolerances considered. This book provides you a step by step protocol to optimal health while also providing you extensive nutritional information and support for a meat-based diet, including debunking nutrition misinformation and providing lifestyle support through the lens of holistic health. YOU CAN HEAL. Because the right food is medicine. Eliminate the wrong foods and eat the right foods for you, and you alone. Take your life back with the Carnivore Cure.

In this groundbreaking and controversial book, behavioral neurologist Dr. Richard Saul draws on five decades of experience treating thousands of patients labeled with Attention Deficit and Hyperactivity Disorder—one of the fastest growing and widely diagnosed conditions today—to argue that ADHD is actually a cluster of symptoms stemming from over 20 other conditions and disorders. According to recent data from the Centers for Disease Control and Prevention, an estimated 6.4 million children between the ages of four and seventeen have been diagnosed with attention deficit hyperactivity disorder. While many skeptics believe that ADHD is a fabrication of drug companies and the medical establishment, the symptoms of attention-deficit and hyperactivity are all too real for millions of individuals who often cannot function without treatment. If ADHD does not exist, then what is causing these debilitating symptoms? Over the course of half a century, physician Richard Saul has worked with thousands of patients demonstrating symptoms of ADHD. Based on his experience, he offers a shocking conclusion: ADHD is not a condition on its own, but rather a symptom complex caused by over twenty separate conditions—from poor eyesight and giftedness to bipolar disorder and depression—each requiring its own specific treatment. Drawing on in-depth scientific

research and real-life stories from his numerous patients, ADHD Does not Exist synthesizes Dr. Saul's findings, and offers and clear advice for everyone seeking answers. Did you know that 62% of the food in our supermarkets is not only processed but 'ultra-processed' (ingredients from other foods are combined to make something 'new', often in colours that do not exist in nature) and that data shows that by eating this kind of food over time we are literally slowly poisoning ourselves? In the hard-hitting, ground-breaking tradition of his NY Times bestseller FAT CHANCE, which revealed the dangers of sugar, Dr Robert Lustig persuasively presents a stark exposé of how our addiction to processed foods (aided and abetted by the food industry, big ag, big pharma, institutional medicine and the government) is behind the lethal increase in major non-communicable diseases, including diabetes, heart disease, fatty liver disease, cancer and dementia. We have come to accept that these chronic diseases are simply part of the 'natural ageing process', but Dr Lustig makes the case that this is simply not true. The solution on both a personal and societal level is a return to unprocessed food and Dr Lustig offers a doable plan for us to heal and restore our own health and wellbeing with real food, and in the process boosting our immunity to viruses like Covid-19. 'Metabolical lays bare the depth of the relationship between the recent and profound perversion of the human diet and its overwhelming health consequences.' Dr David Perlmutter, author of the #1 New York Times bestsellers Grain Brain and Brain Wash

North Americans are some of the least healthy people on Earth. Despite advanced medical care and one of the highest standards of living in the world, one in three Americans will be diagnosed with cancer in their lifetime, and 50 percent of US children are overweight. This crisis in personal health is largely the result of chronically poor dietary and lifestyle choices. In Whitewash, nutritionist Joseph Keon unveils how North Americans unwittingly sabotage their health every day by drinking milk, and he shows that our obsession with calcium is unwarranted. Citing scientific literature, Whitewash builds an unassailable case that not only is milk unnecessary for human health, its inclusion in the diet may increase the risk of serious diseases including: Prostate, breast, and ovarian cancers Osteoporosis Diabetes Vascular disease Crohn's disease Many of America's dairy herds contain sick and immunocompromised animals whose tainted milk regularly makes it to market. Cow's milk is also a sink for environmental contaminants and has been found to contain traces of pesticides, dioxins, PCBs, rocket fuel, and even radioactive isotopes. Whitewash offers a completely fresh, candid, and comprehensively documented look behind dairy's deceptively green pastures and gives readers a hopeful picture of life after milk. Joseph Keon has been a wellness consultant and nutrition and fitness expert for over twenty-five years. He is considered a leading authority on public health and has written three books, including Whole Health: The Guide to Wellness of Body and Mind and The Truth About Breast Cancer.

The Carnivore Code

Medical Myths That Can Harm Your Health

Teaching What Really Happened

Your Dietary Solution to Reversing Diabetes

When Breath Becomes Air

Lies My Teacher Told Me about Christopher Columbus

Lies My Doctor Told Me Second Edition

James Loewen has revised Teaching What Really Happened, the bestselling, go-to resource for social studies and history teachers wishing to break away from standard textbook retelling of the past. In addition to updating the scholarship and anecdotes throughout, the second edition that addresses how traditional and social media can distort current events and historical record. Helping students understand what really happened in the past will empower them to use history as a tool to argue for better policies in the present. Our society needs engaged citizens. Teaching What Really Happened provides concrete ideas for getting students excited about history while also teaching them to read critically. It will specifically help teachers and students tackle important content areas, including Eurocentrism, the American Indian experience, and slavery. Book Features: an up-to-date and comprehensive world history education; information to help teachers expect, and get good performance from students of all racial, ethnic, and socioeconomic backgrounds; strategies for incorporating project-oriented self-learning, having students conduct online historical research, and teaching in your own country.

A scientist reveals the groundbreaking evidence linking many major diseases, including cancer, diabetes, and Alzheimer's disease, to a common root cause—insulin resistance—and shares an easy, effective plan to reverse and prevent it. We are sick. Around the world, we struggle with Cancer, heart disease, Alzheimer's disease, and diabetes affect millions each year: many people are also struggling with hypertension, weight gain, fatty liver, dementia, low testosterone, menstrual irregularities and infertility, and more. We treat the symptoms, not realizing that all are in common. Each of them is caused or made worse by a condition known as insulin resistance. And you might have it. Odds are you do—over half of all adults in the United States are insulin resistant, with most other countries either worse or not far behind. In Why We Get Sick, pathophysiology professor Benjamin Bikman explores why insulin resistance has become so prevalent and why it matters. Unless we recognize it and take steps to reverse the trend, major chronic diseases will be even more widespread. But reversing insulin resistance is possible, and prevent it, with helpful food lists, meal suggestions, easy exercise principles, and more. Full of surprising research and practical advice, Why We Get Sick will help you to take control of your health.

Argues against the implementation of the USDA food guide pyramid and the study that inspired it.

Heart disease is the #1 killer. However, traditional heart disease protocols--with their emphasis on lowering cholesterol--have it all wrong. Emerging science is showing that cholesterol levels are a poor predictor of heart disease and that standard prescriptions for lowering it, such as statin drugs, obscure the real causes of heart disease. Even doctors at leading institutions have been misled for years based on creative reporting of research results from pharmaceutical companies intent on supporting the \$31-billion-a-year cholesterol industry. Myth reveals the real culprits of heart disease, including: - Inflammation - Fibrinogen - Triglycerides - Homocysteine - Belly fat - Triglyceride to HCL ratios - High glycemic levels Bestselling health authors Jonny Bowden, Ph.D., and Stephen Sinatra, M.D. give readers a 4-part strategy for effectively preventing, managing, and reversing heart disease, focusing on diet, exercise, supplements, and stress and anger management. Get proven, evidence-based strategies from the experts with The Great Cholesterol Myth. MYTHS VS. FACTS Myth-High cholesterol is a major risk factor for heart disease. Fact-Cholesterol is only a minor player in the cascade of inflammation which is a cause of heart disease. Myth-High cholesterol is a predictor of heart attack. Fact-There is no correlation between cholesterol and heart attack. Myth-Lowering cholesterol with statin drugs will protect your heart. Fact-Statins have a significant impact on longevity. Myth-Statins are safe. Fact-Statins can be extremely toxic including causing death. Myth-Statins are useful in men, women and the elderly. Fact-Statins do the best job in middle-aged men with coronary disease. Myth-Statins are safe for people with coronary artery disease because of its impact on cholesterol. Fact-Statins reduce inflammation and improve blood viscosity (thinning blood). Statins are extremely helpful in men with low HDL and coronary artery disease. Myth-Saturated fat is dangerous. Fact-Saturated fat is the enemy of heart disease. Myth-High carbohydrate diets cause heart disease. Fact-High carbohydrate diets protect you from heart disease. Fact-Saturated fats protect you from heart disease. Myth-Fat is bad for your health. Fact-Monounsaturated and saturated fats protect you from metabolic syndrome. Sugar is the foe in cardiovascular disease. Myth-There is good (HDL) cholesterol and bad (LDL) cholesterol. Fact-This is over-simplified. Myth-Cholesterol causes heart disease. Fact-Cholesterol is only a theory in heart disease and only the small component of LP(a) or "bb shot" LDL predisposes one to oxidation and inflammation.

Lies My Doctor Told Me: Osteoporosis: How the Latest Medical Research on Bone Drugs and Calcium Could Save Your Bones, Your Heart, and Your Life

Eat the Yolks

The Cardiologist's Surprisingly Simple Guide to What Really Works

Strong Medicine

How the Experts Got Food and Diet So Wrong and What You Can Do to Take Back Control of Your Health

Why Butter, Meat and Cheese Belong in a Healthy Diet

Fiber Menace: The Truth About the Leading Role of Fiber in Diet Failure, Constipation, Hemorrhoids, Irritable Bowel Syndrome, Ulcerative Colitis, Crohn's Disease, and Colon Cancer

An Easy to Digest Summary Guide... BONUS MATERIAL AVAILABLE INSIDE The Mindset Warrior Summary Guides, provides you with a unique summarized version of the core information contained in the full book, and the essentials you need in order to fully comprehend and apply. Maybe you've read the original book but would like a reminder of the information? Maybe you haven't read the book, but want a short summary to save time? Maybe you'd just like a summarized version to refer to in the future? In any case, The Mindset Warrior Summary Guides can provide you with just that. Lets get Started. Download Your Book Today.. NOTE: To Purchase the "Lies My Doctor Told Me" (full book); which this is not, simply type in the name of the book in the search bar of your bookstore.

Like most doctors, Peter Brukner was trained to believe that drugs and surgery are the answers to all medical problems – including the epidemics of obesity, diabetes and other 'modern illnesses' that are threatening our healthcare system and the life expectancy of future generations. For years he was dismissive of any 'alternative' diets or lifestyle changes. But that all changed when, facing the double threat of obesity and diabetes himself, his research led to a shocking realisation that overturned a lot of the medical 'truth' he'd taken for granted. Our dietary guidelines and food pyramid have no scientific basis. So he switched to a low-carb, healthy fat lifestyle – and dropped 13 kilos, lowered his insulin levels and drastically improved his liver function in just three months. In A Fat Lot of Good Dr Brukner busts the dietary myths we've been living by for decades and gives you all the information you need, in as simple a way as possible, to live a longer, healthier and – most importantly – more enjoyable life. A Fat Lot of Good features: · The real reasons why we're all getting fatter and less healthy · The lowdown on carbs, fats and proteins: what they do, which we actually need and how much · What you need to know about insulin, inflammation and the gut microbiome · Dr Brukner's Five Golden Rules for a healthy lifestyle · Tips on reading food labels, making smart choices when eating out and buying real food on a budget · Advice on how to get the right levels of exercise, sleep and sun to boost your health · A selection of simple low-carb, healthy fat recipes to get you started Packed full of the latest research and countless practical tips, A Fat Lot of Good is the complete toolkit for building the healthy lifestyle that's right for you. All author proceeds donated to SugarByHalf.

An historian sets the record straight on Columbus's "discovery" of the Americas, using art and text to sum up recent revisionist thought and to debunk common myths about the European invader responsible for the deaths of thousands. Original.

Dr. Tony Hampton provides expert advice on how to improve diabetes through diets and lifestyle choices. Extensive research, personal stories, motivation, and direct lists about what foods should and should not be eaten support his passion for helping his patients with diabetes. A Family Physician who for two decades, Dr. Hampton has treated patients with multiple chronic conditions. The condition that has had the greatest impact in his life has been diabetes, inspiring him to give his patients, family, and friends some useful tools to help them manage this chronic condition. He has been a regular speaker for the American Diabetes Association, and his passion to empower patients with knowledge was the driving force behind his desire to write this book.

The Hidden Epidemic at the Root of Most Chronic Disease#and How to Fight It

Lies My Teacher Told Me

Your Best Health Ever!

Everything Your American History Textbook Got Wrong

The Life Plan

Metabolical

This Won't Hurt a Bit

This book breaks down all the big ideas and pertinent facts in "Lies My Doctor Told Me Second Edition" so they can be easily and quickly understood. There is also an Analysis & Action Plan Bonus included that will help you on your journey. Continue reading below to see all that you get. PLEASE NOTE: This is an unofficial and independent summary & analysis of Lies My Doctor Told Me Second Edition and is meant to be read as a supplement not a replacement. You can find the original book here: https://amzn.to/2H2ZsWY This summary of Lies My Doctor Told Me Second Edition details the lies and myths doctors have been telling their patients for decades which only harm them. Dr. Berry hopes to change your view of your relationship with your doctor and urges both parties to be proactive in health. Inside this book you can expect: *Time saving chapter summaries *Important facts recap for each chapter's summary *Our overall analysis of the subject book *Discussion questions to get you thinking *An action plan to get you started fast Download your copy today! (Please Note: This summary & analysis was published and written by Personal Growth Publishing. It is NOT affiliated with the original author in any way and it is NOT the original book. You can purchase the original book by visiting this link: https://amzn.to/2H2ZsWY) WARNING: This book has passed copyscape and is plagiarism free. False Copyright Claims will result in legal action. Summary books such as this, Cliff Notes and others are completely legal.