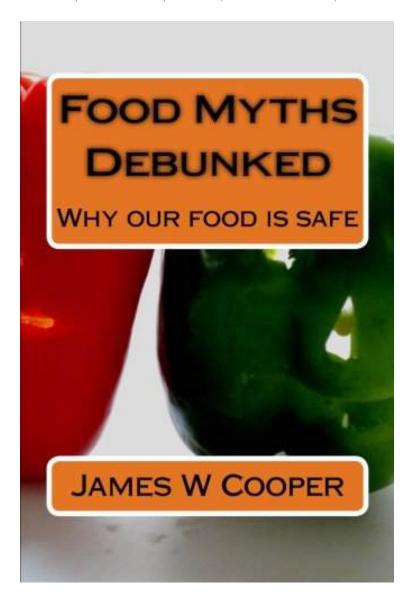
Food Myths Debunked: Why our food is safe

By James W Cooper
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0 of 0 review helpful Food for Thought in this Book By G Gardella I am halfway through the book and enjoying it James Cooper covers topics of interest and relevance to all of our lives Consuming raw milk as an example or rather why you shouldn t do such a thing is clearly and plainly spelled out I appreciate the effort the author has made to cover hot topics even going so far as to tackle Global Warming He s a This book goes through the most common food fears and myths and debunk them with some simple science Told in readable story form the book tackles HFCS MSG food colorings raw milk organic farming GMOs and biotechnology sugars artificial sweeteners and honey Every chapter ends with footnotes to actual papers that help reassure you that we have one of the safest food systems in the world

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