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## YOUR HEALTH

ALL THE LIES YOU'VE BEEN TOLD AND HOW YOU CAN SEE THROUGH THEM WITH SCIENCE

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A book for telling the difference between frauds, patent medicines, and actual remedies.

No, broccoli won't keep you from getting cancer, and milk won't prevent osteoporosis! When it comes to our health, we're constantly bombarded with false information. We're wrongly warned off e-cigarette smoke (which will never be as bad as tobacco) and lifesaving antibiotics and vaccines. Big pharma lobbies are always pushing new drugs for no reason other than to make a buck, and manufacturers are busy coming up with new miracle foods, their claims for which have yet to be proven - that is, when they're not outright harmful.

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