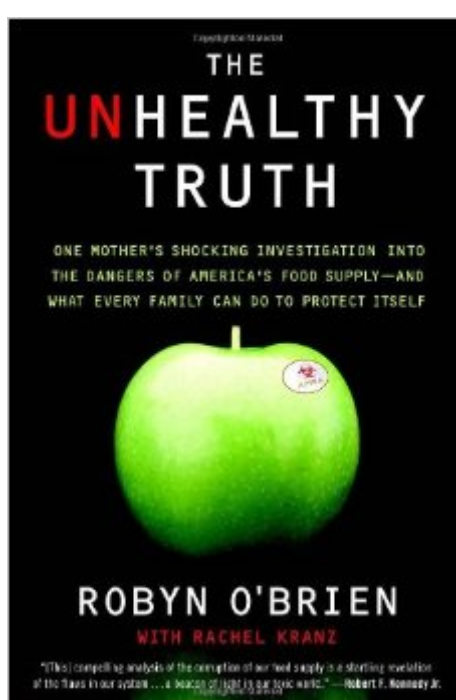


The book was found

The Unhealthy Truth: One Mother's Shocking Investigation Into The Dangers Of America's Food Supply-- And What Every Family Can Do To Protect Itself



Synopsis

Robyn Oâ™Brien is not the most likely candidate for an antiestablishment crusade. A Houston native from a conservative family, this MBA and married mother of four was not someone who gave much thought to misguided government agencies and chemicals in our foodâ™until the day her youngest daughter had a violent allergic reaction to eggs, and everything changed. *The Unhealthy Truth* is both the story of how one brave woman chose to take on the system and a call to action that shows how each of us can do our part and keep our own families safe. Oâ™Brien turns to accredited research conducted in Europe that confirms the toxicity of Americaâ™s food supply, and traces the relationship between Big Food and Big Money that has ensured that the United States is one of the only developed countries in the world to allow hidden toxins in our foodâ™toxins that can be blamed for the alarming recent increases in allergies, ADHD, cancer, and asthma among our children. Featuring recipes and an action plan for weaning your family off dangerous chemicals one step at a time *The Unhealthy Truth* is a must-read for every parentâ™and for every concerned citizenâ™in America today.

Book Information

Paperback: 352 pages

Publisher: Harmony; 1 edition (May 11, 2010)

Language: English

ISBN-10: 0767930746

ISBN-13: 978-0767930741

Product Dimensions: 5.1 x 0.8 x 8 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ Â See all reviewsÂ (164 customer reviews)

Best Sellers Rank: #43,777 in Books (See Top 100 in Books) #3 inÂ Books > Health, Fitness & Dieting > Children's Health > Allergies #4 inÂ Books > Health, Fitness & Dieting > Nutrition > Food Additives #5 inÂ Books > Health, Fitness & Dieting > Nutrition > Genetically Engineered Food

Customer Reviews

The food industry pissed off the wrong Mommy of Four. Sarah Palin might call Robyn O'Brien (author of *The Unhealthy Truth*) a pitbull with lipstick. She might be blond and pretty, but when her youngest child, Tory, had an allergic reaction to eggs, she didn't take "Don't worry your pretty little head about it" for an answer. Why are allergies and asthma on such a rise in America?The answers were largely: We don't know and we're not really studying it. Better yet, there were two competing

camps that each thought the other one's strategy would harm the kids. One thought you should expose your kids to the foods they are allergic to in small doses to see if the allergy would go away, and the other thought you should totally avoid any contact to the allergic food at all to see if it would go away. Riiight. It's nice to have theories, it's nice to do research, but what happens if you have kids, they have allergies, and you have to feed them NOW? Much of this book is a personal story of the O'Brien family and their four children, Lexy, Colin, John, and Tory. Once upon a time they were a happy family of four, complete with Kraft Mac n Cheese, blue yogurt, dinosaur shaped chicken nuggets, and colorful goldfish crackers. And then, when Tory was nine months old and the oldest, Lexy, was five, things changed in an instant. Tory ate some eggs and her face puffed up and turned red. A few doctors' appointments later, she was diagnosed with an allergy to eggs. Life in the O'Brien house changed. Now - it didn't change overnight. Robyn was raised in so-called Red America (Houston, actually), with a military father and a conservative, Republican background. Not that that shapes one's eating habits per se, but it can tend toward an attitude of not questioning authority.

As a research scientist with a doctorate in the health care field, I will admit that I read this book with skepticism. Robyn O'Brien has no scientific training, and I didn't understand what made her qualified to write such a book as this one - a book that, in order to be plausible for its claims, essentially required an in-depth critical review of the current research on food allergies. After reading the book, I was glad to see that she recognized her limitations as a scientist and that she collaborated with some experts in the field - although not to the level that I would have liked to see. She writes in a very non-scientific way, which probably appeals to more audiences, but there is a lot of repetition of her thought processes, events, and even some facts. Having said that, I believe that her background in business was extremely beneficial to the plausibility of this book, particularly as she uncovered the links between big business and the food industry. While I am still skeptical that she was really able to critically examine the medical articles that she uses to back up her arguments, I do believe that she makes some very interesting - if not extremely obvious - linkages between the manufacturing and processing of food in the US and the current chronic medical epidemics (such as autism, food allergies, obesity, ADHD, asthma etc..) that can not be ignored. At the very least, this book is a call for action from researchers to recognize that there is a tremendous need for more rigorous studies examining the effects of the chemicals used in the manufacturing, processing and, well, growing of the foods that we eat and the foods that we feed our children.

[Download to continue reading...](#)

The Unhealthy Truth: One Mother's Shocking Investigation into the Dangers of America's Food Supply-- and What Every Family Can Do to Protect Itself
The Unhealthy Truth: How Our Food Is Making Us Sick - And What We Can Do About It
The Healthy Home: Simple Truths to Protect Your Family from Hidden Household Dangers
Water: The Shocking Truth That can Save Your Life
Water Treatment
WSO: Principles and Practices of Water Supply Operations Volume 1 (Water Supply Operations Series)
Supply Chain Network Design: Applying Optimization and Analytics to the Global Supply Chain (FT Press Operations Management)
Upside Down: How the Left Turned Right into Wrong, Truth into Lies, and Good into Bad
Cooking for One: 365 Recipes For One, Quick and Easy Recipes (Healthy Cooking for One, Easy Cooking for One, One Pot, One Pan)
Evidence in Traffic Crash Investigation And Reconstruction: Identification, Interpretation And Analysis of Evidence, And the Traffic Crash Investigation And Reconstruction Process
Unhealthy Work: Causes, Consequences, Cures (Critical Approaches in the Health Social Sciences Series)
Exposing the Hidden Dangers of Iron: What Every Medical Professional Should Know about the Impact of Iron on the Disease Process
The Islamic Antichrist: The Shocking Truth about the Real Nature of the Beast
100 Exotic Food Recipes (Puerto Rican Food Recipes, Picnic Food Recipes, Caribbean Food Recipes, Food Processor Recipes,)
The Ultimate Guide to WordPress Security: Secure and protect your WordPress website from hackers and protect your data, get up to date security updates
Never Out of Season: How Having the Food We Want When We Want It Threatens Our Food Supply and Our Future
Genetically Engineered Food: Changing the Nature of Nature: What You Need to Know to Protect Yourself, Your Family, and Our Planet
Killing Me Softly From Inside: The Mysteries & Dangers Of Acid Reflux And Its Connection To America's Fastest Growing Cancer With A Diet That May Save Your Life
Caffeine Blues: Wake Up to the Hidden Dangers of America's #1 Drug
How to Boil an Egg: Poach One, Scramble One, Fry One, Bake One, Steam One
ZONE DIET: Zone Diet Cookbook (Includes 50 Zone Diet Recipes For Every Meal) (Antioxidants & Phytochemicals, Food Allergies, Macrobiotics, Food Allergies, ... Zone diet food, Zone diet for beginners 1)

[Dmca](#)