



# The Diet Wars!: Decisions That Have Harmed the Health of Millions

*John M. Raht*

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**The Diet Wars!: Decisions That Have Harmed the Health of Millions** John M. Raht

In the last fifty years, millions have had their health severely damaged by advice from authorities. This book shows you how and why things went wrong. It examines diet books, diet research, and diet programs and comes to some conclusions.

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