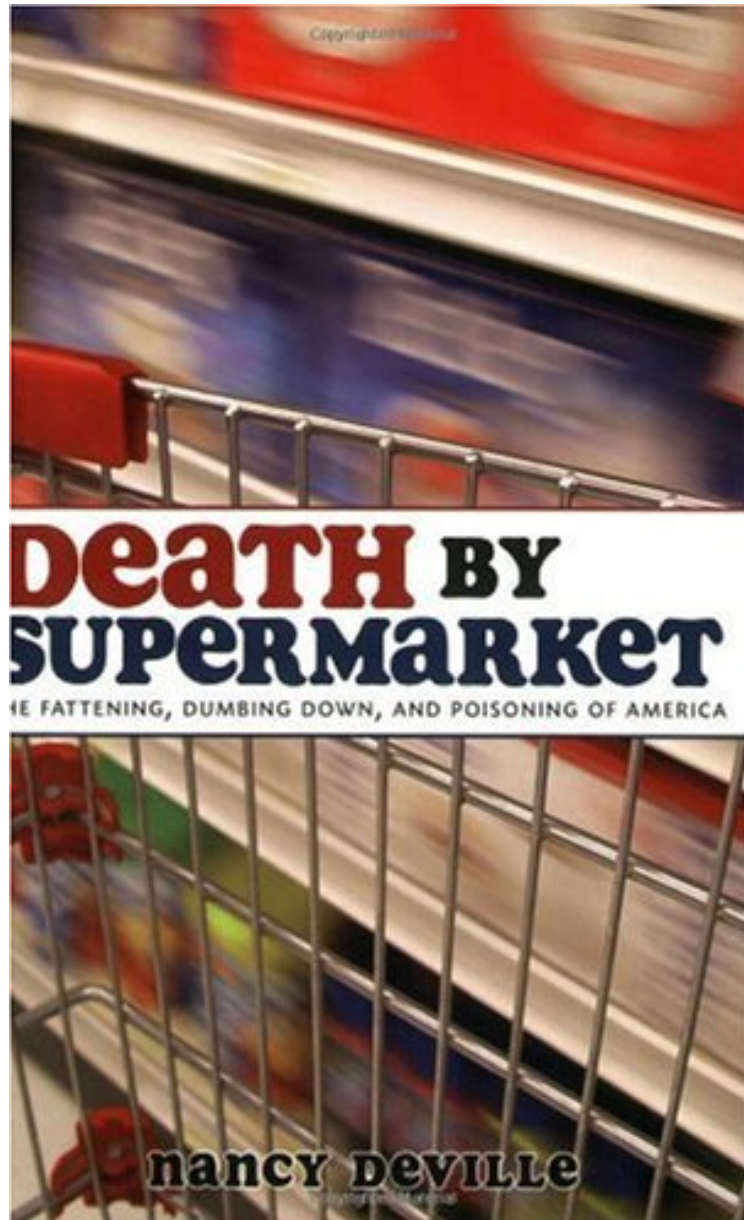


[Download free pdf] Restaurateur

Restaurateur

Noel Stein

*DOC | *audiobook | ebooks | Download PDF | ePub*



[Download](#)

[Read Online](#)

#3343659 in eBooks 2007-08-01 2007-08-01 File Name: B00391L87G | File size: 58.Mb

Noel Stein : Restaurateur before purchasing it in order to gage whether or not it would be worth my time, and all praised Restaurateur:

5 of 6 people found the following review helpful. she seems like she feels completely superior to other individuals because of ...By Ellen M. ReardonAs a dietitian, I can appreciate what the author is trying to accomplish by writing this book. However, I also have a lot of criticisms about it.For one thing - it is just not a well written book. Nothing

flows together, even from one paragraph to another (it makes sense that each chapter is a different topic, but there is a ton of unrelated information in each chapter) and at times it is incredibly difficult to get through to her point due to the incredible overuse of parenthesis throughout the book. I also got a completely condescending vibe throughout the book - to me, she seems like she feels completely superior to other individuals because of her lifestyle/food choices - it did not leave a good taste in my mouth (no pun intended) and it just made me dislike her. She also seems very extremist - very black and white about her points - as if there is no room for flexibility. Even though she is not a dietitian herself, I feel that people like this are why many dietitians and nutritionists get a reputation as the food police, trying to take away everything that you enjoy. Like I said, I can appreciate the point she is trying to make - however, it is important to note that she has no credentials, and much of the information she put into the book is poorly explained - if explained at all. There were a lot of situations where more information would have been much more beneficial than silly anecdotes that she tells - and a lot of very vague information "If you make tuna salad with Bumble Bee tuna, you may be ingesting MSG as this product contains vegetable broth, which often contains MSG." Overall, it was not worth the time I spent reading it, and there are plenty more books that organized and written in a much more effective way that still gets these points across.

0 of 0 people found the following review helpful. The real truth on nutrition and health!

By David H Dunaway If you want the real truth on nutrition and how it effects your health this book has it. Long accepted lies are torn down and replaced with truth. The lies claimed to show how to reduce diabetes, heart disease. cancer and more. But they only increased them. We've fallen for a monumental con job and, unfortunately, quirks of human nature, called cognitive dissonance (google it) have made us inclined to stay with what we have "learned," right to the bitter end -- our end! Break through and realize you have been taken advantage of by the food/medicine industry. It's not the end of the world. That comes only if we remain stubborn and follow the clearly flawed nutritional practices which have been drummed into us for years which have only resulted in progressively failing health!. Embrace the truth and do some reasoning and research. We don't have to die at 60, nor do we have to be loaded down with symptoms that prevent us from enjoying our final years..

5 of 5 people found the following review helpful. You are in a War with American Corporations

By Eric Armstrong I agree totally with the premise of this book, and have written about many of the same topics at treelight.com/health. Trans fats, high fructose syrup, and MSG are slow-acting, long-term poisons that pollute your body, destroy your health, and pack on the pounds. And that's just the start. "Agave Nectar" is supposed to be the new and wonderful "healthy sweet". But guess what? It's just High Fructose Agave Syrup. So even when you're trying to be healthy, an American corporation stands ready to make a buck at your expense. While one corporation helps you poison yourself with your fork, another is making a pill you can buy to help you "manage" the resulting disease. Clearly, food corporations are winning the battle of the bulge. Advertising and profitable ingredients are their major weapons. You are fighting a guerrilla action, and your only defense is informed intelligence. Nor do you have any allies in this fight. The FDA is not *allowed* to address long-term (chronic) health issues. Their charter forbids it. They are only allowed to act in cases of immediate (acute) harm. As long as corporate money holds sway in the halls of Congress, that charter will not change. So arm yourself with information! This book is a good place to start. And pray for the day that, at last, we put people before profits. On that day, the powerful engines of profitability will be harnessed to *serve* humanity, instead of destroying lives in the shameless pursuit of wealth.

Although Americans worship youth and beauty, we are aging rapidly. Death by Supermarket makes a compelling case that the epidemic of obesity and degenerative and neurological diseases in the US is the result of a new form of malnutrition. Since World War II, factory produced food, diets, and drugs have caused a new type of malnutrition that manifests in obesity, depression, lowered IQ, disease

About the Author Nancy Deville is a real food advocate, bestselling health book writer, and the author of the novel Karma, a psychological thriller about sex trafficking. She lives in Los Angeles.