

Download The Pioppi Diet A 21 Day Lifestyle Plan

Dr. Fung, I think The Obesity Code is the best one out there and thank you for it. On the other hand, when your sense of humor gets the better of you, and you use ad hominem slurs like "a few old white men," it really takes the authority from what you write, which is a real shame. In 1967, Irwin Stillman published The Doctor's Quick Weight Loss Diet. The "Stillman diet" is a high-protein, low-carbohydrate, and low-fat diet. It is regarded as one of the first low-carbohydrate diets to become popular in the United States. Other low-carbohydrate diets in the 1960s included the Air Force diet and the Drinking Man's Diet. Austrian physician Wolfgang Lutz published his book ... Misinformation on nutrition and health seems more prevalent than evidence-based information. And it's becoming more challenging to figure out just who the experts are. Misinterpreted science, cherry-picked studies, conspiracies, and alluring anecdotes are the tools that many pseudoscience peddlers use to sell their stories. Below you will find some of the more popular people or websites that ... Farooq Mohammed was a football fan who discovered that he has heart disease. In this BJSM podcast, we focus on the patient voice and hear from Farooq who shares his own lived experience with the disease and, importantly, how football became part of his rehabilitation.