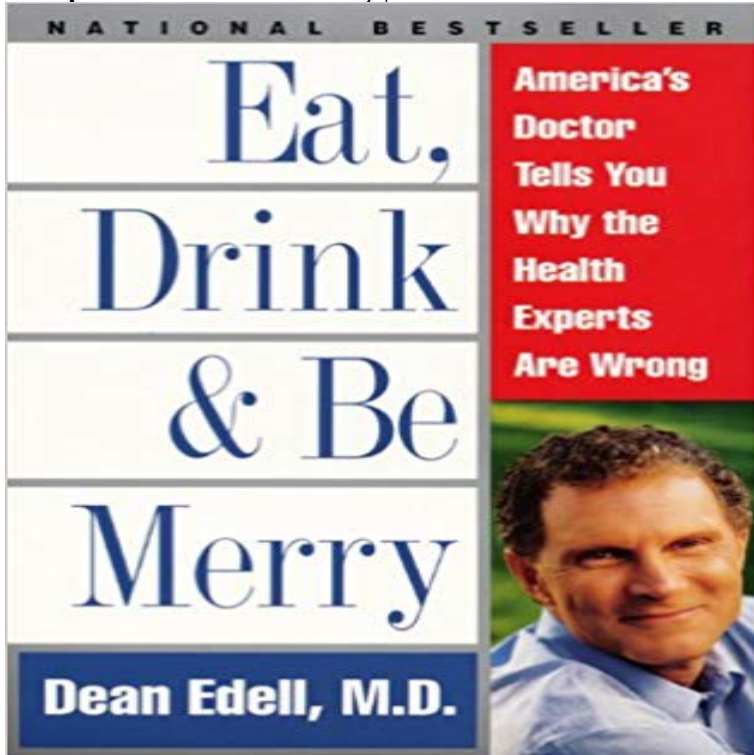


Eat, Drink, & Be Merry: Americas Doctor Tells You Why the Health Experts Are Wrong



No wonder. How often have you felt whipsawed by the experts, confused by conflicting advice, or torn with guilt over what you eat, drink, think? Prepare yourself for a shock: You can relax, enjoy life, and still be healthy. Renowned for candid straight talk on radio and television, Dr. Dean Edell applies his unique common-sense perspective to Americas growing obsession with health. Frank and iconoclastic, Dr. Edell walks readers through a lifetime of experience from deep inside twin worlds of media and medicine. As one of the first media doctors, he knows better than anyone the dangers of distorted medical reporting. With colorful detail, he shows how medical consumers are made neurotic at a time when people are healthier than ever before. Dr. Edell sorts through the morass of research, distinguishing documentable fact from panic-inducing fiction. With trademark humor, grace, and style, he shares with us the essential reassuring facts about our health: you can be fatter than you think; too much exercise might kill you; and yes, sex will add years to your life! Did You Know That... People who crave ice chips may have a nutritional deficiency? Saturated fat may reduce the risk of stroke? Dementia appears to be less common among those who eat more fish? You can lose weight by fidgeting, chewing on a pencil, or drinking coffee? Sex can cure headaches? Playing an instrument is not only good for your mental health, it burns 160 calories an hour?

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