

(Ebook pdf) Good Clean Food: Shopping Smart to Avoid GMOs, rBGH, and Products That May Cause Cancer and Other Diseases

# Good Clean Food: Shopping Smart to Avoid GMOs, rBGH, and Products That May Cause Cancer and Other Diseases

*Samuel Epstein, Beth Leibson*  
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## good clean food

*Shopping Smart to Avoid GMOs, rBGH, and Products  
That May Cause Cancer and Other Diseases*



**SAMUEL EPSTEIN, MD, and BETH LEIBSON**  
*Foreword by Gary Null, PhD*

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**Samuel Epstein, Beth Leibson : Good Clean Food: Shopping Smart to Avoid GMOs, rBGH, and Products That May Cause Cancer and Other Diseases** before purchasing it in order to gage whether or not it would be worth my time, and all praised Good Clean Food: Shopping Smart to Avoid GMOs, rBGH, and Products That May Cause Cancer and Other Diseases:

7 of 7 people found the following review helpful. very subjective book. By MaryAnn I am very anti-GMO and have always been a label reader and a very big supporter of eating local grown and organic foods. This book was written in a subjective way more than accusatory. It presented the information professionally and clearly that allows the reader to draw their own opinion on what they feel about GMO foods. The author obviously has his own opinion about GMO (why else bother to write the book?) but it wasn't the focus of the book. I would definitely recommend reading it whether you already know about GMOs or are just learning. The more aware of what the FDA and government in the USA allows in the food we eat the more educated you can become to make better decisions.

Did you know that American milk and meat are banned in Europe because of the health risks they pose? Or that one in three items on supermarket shelves contains genetically modified ingredients? How about that forty pesticides in use today have been linked to certain types of cancer? Between GMOs, hormones, and pesticides, it sometimes feels like our food has become so artificial that shopping smart is impossible. How can we know for sure that the food we buy isn't putting us at risk? If you've got questions, this practical, positive guide has answers. In it, leading public health advocate Samuel Epstein, MD, and coauthor Beth Leibson provide all of the information you need to make the best food choices for you and your family in language you don't need a PhD in biology to understand. You'll learn how to choose wisely when shopping for: Beef Chicken Milk and dairy Eggs Soy Corn Snack foods Potatoes Lettuce Strawberries Grapes Baby food And much more Before your next trip to the supermarket, make sure you read this helpful handbook and you'll be on your way to a lifetime of good clean food.

Dr. Samuel Epstein, one of our most insightful and authoritative voices on avoidable causes of cancer, has teamed up with health writer Beth Leibson to once again present persuasive and well-documented evidence on the hidden health risks of everyday consumer products. . . . As we sit back and witness food allergies, asthma, diabetes, weakened immune systems, and a host of other disorders and illnesses reach epidemic proportions in American children, Good Clean Food should be required reading for every parent and school teacher. (Gary Null, PhD, author of The Complete Encyclopedia of Natural Healing and host of The Gary Null Show) About the Author Samuel Epstein, MD is an internationally recognized authority on avoidable causes of cancer. The author of more than twenty books and 270 peer-reviewed articles, he has served as president of the Society for Occupational and Environmental Health as well as the Rachel Carson Council, professor emeritus of environmental and occupational medicine at the University of Illinois School of Public Health, and chairman of the Cancer Prevention Coalition. He lives in Chicago, Illinois. Beth Leibson is a freelance writer and editor for health-related publications. She is the author of Im Too Young to Have Breast Cancer!, which tells the stories of sixteen women under forty facing diagnosis, treatment, and life after the disease. She holds a masters in public policy from Duke University and a masters of fine arts in creative writing from Emerson College. She lives with her children in New York City. Gary Null, PhD, is an internationally renowned expert in the field of health and nutrition, the author of more than seventy books on healthy living, and the director of more than one hundred critically acclaimed full-feature documentaries. He is the host of The Gary Null Show, the country's longest-running nationally syndicated health radio talk show. He lives in New York City.