

# Good Calories, Bad Calories: Challenging the Conventional Wisdom on Diet, Weight Control, and Disease

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Book by Taubes Gary

Challenging accepted ideas about weight control, fat, calories, diet, and exercise, the author of Bad Science argues that refined carbohydrates are the ultimate cause of obesity, heart disease, diabetes, and even cancer; that overeating and sedentary behavior are side effects of increased insulin; and that removing these carbohydrates from one's diet is the only way to lose weight. 100,000 first printing. Gary Taubes, author of Bad Science and Nobel Dreams, is a correspondent for Science magazine. The only print journalist to have won three Science in Society Journalism awards, given by the National Association of Science Writers, he has contributed articles to The Best American Science Writing 2002 and The Best American Science and Nature Writing 2000 and 2003. He lives with his wife and son in New York City.

Other Books

Inside the Dementia Epidemic. The unflinching and hopeful story of one woman's journey into family caregiving, and a vivid overview of the challenges of Alzheimer's care. With the passion of a committed daughter and the fervor of a tireless reporter, Martha Stettinius weaves this compelling story of caregiving for her demented mother with a broad exploration of the causes of Alzheimer's disease, means of treating it, and hopes for preventing it. She shares the lessons she's learned over seven years of caregiving at home, in assisted living, a rehabilitation center, a "memory care" facility for people living with dementia, and a nursing home--lessons not just about how to navigate the system, but how caregiving helped the author to grow closer to her mother, and to learn to nurture her mother's spirit through the most advanced stages of dementia.

📖 📖 📖 📖 📖 . These are some of my favorite books on dementia and caregiving, reports on dementia research and public policy, ... Boss, Pauline, Ph.D. Loving Someone Who Has Dementia : How to Find Hope While Coping with Stress and Grief ."