



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

By Edell, Dean, M.D.

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Eat, Drink and Be Merry: America's Doctor Tells You Why the Health Experts Are Wrong by Dean Edell, M.D. Dr. Edell's Ideas about American Medicine Are Refreshingly Unorthodox. While it is unthinkable to the majority of Americans to allow people who want to alter their consciousness to get the drugs they want, most of the same individuals see nothing wrong with putting children on one of the same drugs sold to addicts on street corners. Edell questions whether children diagnosed with attention deficit disorder are simply too creative and intelligent to sit quietly for long periods of time and criticizes the widespread use of Ritalin to calm them down. Americans enjoy better health today than at any other time in history. Yet we seem to worry more about health now than ever before. Eat, drink, and be merry : America's doctor tells you why the health experts are wrong. Item Preview. remove-circle. Eat, drink, and be merry : America's doctor tells you why the health experts are wrong. by. Edell, Dean; Schrieberg, David.

Listen to Eat, Drink, & Be Merry by Dean Edell, M.D., Dean Edell for free with a 30 day free trial. Listen to unlimited* audiobooks on the web, iPad, iPhone and Android. 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 America's growing obsession with health. Frank and iconoclastic, Dr. Edell walks readers through a lifetime of experience from deep inside the twin worlds of media and medicine. Fans of America's favorite radio doctor will delight in picking up the latest health facts delivered in Edell's typically irreverent and witty style. Go to the head of the class or become the hit of the party when you retell Dr. Dean Edell's stories of inaccurate media frenzies or dispense facts that challenge society's assumptions about overweight people, or even, gulp, the value of exercise for longevity. Doctor Dean really is the expert. He knows medicine and health care and pulls back the curtain on how the mainstream medical community pretends to know things that are not really true. This is a great life-changing book. Stop worrying about every bite you eat and enjoy a good variety of food. Overall, his philosophy is represented by the title of the book, "Eat, Drink & Be Merry."