



# The World Turned Upside Down: The Second Low-Carbohydrate Revolution

*Richard David Feinman*

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Nutrition in crisis. Almost every day a new study shows that you are at risk for diabetes or cardiovascular disease or all cause mortality brought on by a newly appreciated toxin which turns out to be something that you just had for lunch (excerpt from Chapter 16). Most of us no longer know what to eat or who to believe. The World Turned Upside Down offers the perspective of a distinguished biochemist with a gift for making accessible the intricacies of biochemical pathways. At the same-time, the book is unsparing in criticism of the nutritional establishment, an establishment which it seems must inevitably be overthrown. Scientifically accurate and entertaining, this book paints a broad picture of the nutrition world: the beauty of the underlying biochemistry and the embarrassing failure of the medical establishment, the practical value in low-carbohydrate diets and what s wrong with the constant reports that normal foods represent a threat rather than a source of pleasure. Richard David Feinman, Professor of Cell Biology at SUNY Downstate Medical Center, is one of the leaders in research in nutrition and metabolism and their role in the education of medical students. The book tells the story of the first low-carbohydrate revolution, twelve years ago, how it started, what killed it and why another one is happening. It explains how type 2 diabetes can be virtually cured for many people by a reduction in dietary carbohydrate and why you need to know about it even if you don t have diabetes. The World Turned Upside Down takes on the fear-mongers: Chapter 8 Sugar, fructose and fructophobia explains that that sugar is not a poison but it is a carbohydrate and Chapter 9 gives you a perspective on Saturated fat. On your plate or in your blood? Finally, The World Turned Upside Down gives you information and the tools to decipher the nutritional medical literature on your own. Irreverent and witty, this book boils down all the facts from different angles to a simple message on what to eat and why.

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