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The No B.S. Diet Book: Science-Based Recommendations to Stay Healthy and Medication Free--Without the B.S.

Joel Kahn MD

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The No B.S. Diet Science-Based Recommendations to Stay Healthy and Medication Free—Without the B.S. If your lifestyle is good, your genes get the message to make good proteins that promote health. Within less than an hour of eating a high-fat mea, your arteries show a major drop in health. Eating whole grains like whole wheat breads and pasta directly results in less heart disease, diabetes, cancer and obesity. Eating soybean products like edamame, tempeh or organic tofu produces less heart disease, less cancer and longer lifespans. Raw nuts and seeds give rise to longer lives and less heart disease, diabetes and obesity. Colorful fruits and vegetables contain chemicals called polyphenols that lower your cholesterol and strengthen your arteries. Meat, including fish, directly connects you to developing a wide array of health problems.

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