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# The Unhealthy Truth: How Our Food Is Making Us Sick - And What We Can Do About It

## THE UNHEALTHY TRUTH

How Our Food is Making us Sick—  
And What We Can Do About It



ROBYN O'BRIEN  
WITH RACHEL KRANZ



## Synopsis

Robyn Oâ™Brien is not the most likely candidate for an antiestablishment crusade. A Houston native from a conservative family, this MBA and married mother of four was not someone who gave much thought to misguided government agencies and chemicals in our foodâ™until the day her youngest daughter had a violent allergic reaction to eggs, and everything changed. The Unhealthy Truth is both the story of how one brave woman chose to take on the system and a call to action that shows how each of us can do our part and keep our own families safe. Oâ™Brien turns to accredited research conducted in Europe that confirms the toxicity of Americaâ™s food supply, and traces the relationship between Big Food and Big Money that has ensured that the United States is one of the only developed countries in the world to allow hidden toxins in our foodâ™toxins that can be blamed for the alarming recent increases in allergies, ADHD, cancer, and asthma among our children. Featuring recipes and an action plan for weaning your family off dangerous chemicals one step at a time The Unhealthy Truth is a must-read for every parentâ™and for every concerned citizenâ™in America today.

## Book Information

File Size: 3580 KB

Print Length: 354 pages

Publisher: Harmony (April 25, 2009)

Publication Date: May 5, 2009

Sold by:Â Random House LLC

Language: English

ASIN: B0027MJU28

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #498,208 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #27

inÂ Books > Health, Fitness & Dieting > Children's Health > Allergies #147 inÂ Books > Health,

Fitness & Dieting > Nutrition > Food Allergies #189 inÂ Kindle Store > Kindle eBooks > Health,

Fitness & Dieting > Safety & First Aid

## Customer Reviews

The food industry pissed off the wrong Mommy of Four. Sarah Palin might call Robyn O'Brien (author of *The Unhealthy Truth*) a pitbull with lipstick. She might be blond and pretty, but when her youngest child, Tory, had an allergic reaction to eggs, she didn't take "Don't worry your pretty little head about it" for an answer. Why are allergies and asthma on such a rise in America? The answers were largely: We don't know and we're not really studying it. Better yet, there were two competing camps that each thought the other one's strategy would harm the kids. One thought you should expose your kids to the foods they are allergic to in small doses to see if the allergy would go away, and the other thought you should totally avoid any contact to the allergic food at all to see if it would go away. Riiight. It's nice to have theories, it's nice to do research, but what happens if you have kids, they have allergies, and you have to feed them NOW? Much of this book is a personal story of the O'Brien family and their four children, Lexy, Colin, John, and Tory. Once upon a time they were a happy family of four, complete with Kraft Mac n Cheese, blue yogurt, dinosaur shaped chicken nuggets, and colorful goldfish crackers. And then, when Tory was nine months old and the oldest, Lexy, was five, things changed in an instant. Tory ate some eggs and her face puffed up and turned red. A few doctors' appointments later, she was diagnosed with an allergy to eggs. Life in the O'Brien house changed. Now - it didn't change overnight. Robyn was raised in so-called Red America (Houston, actually), with a military father and a conservative, Republican background. Not that that shapes one's eating habits per se, but it can tend toward an attitude of not questioning authority.

As a research scientist with a doctorate in the health care field, I will admit that I read this book with skepticism. Robyn O'Brien has no scientific training, and I didn't understand what made her qualified to write such a book as this one - a book that, in order to be plausible for its claims, essentially required an in-depth critical review of the current research on food allergies. After reading the book, I was glad to see that she recognized her limitations as a scientist and that she collaborated with some experts in the field - although not to the level that I would have liked to see. She writes in a very non-scientific way, which probably appeals to more audiences, but there is a lot of repetition of her thought processes, events, and even some facts. Having said that, I believe that her background in business was extremely beneficial to the plausibility of this book, particularly as she uncovered the links between big business and the food industry. While I am still skeptical that she was really able to critically examine the medical articles that she uses to back up her arguments, I do believe that she makes some very interesting - if not extremely obvious - linkages between the manufacturing and processing of food in the US and the current chronic medical epidemics (such as

autism, food allergies, obesity, ADHD, asthma etc..) that can not be ignored. At the very least, this book is a call for action from researchers to recognize that there is a tremendous need for more rigorous studies examining the effects of the chemicals used in the manufacturing, processing and, well, growing of the foods that we eat and the foods that we feed our children.

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