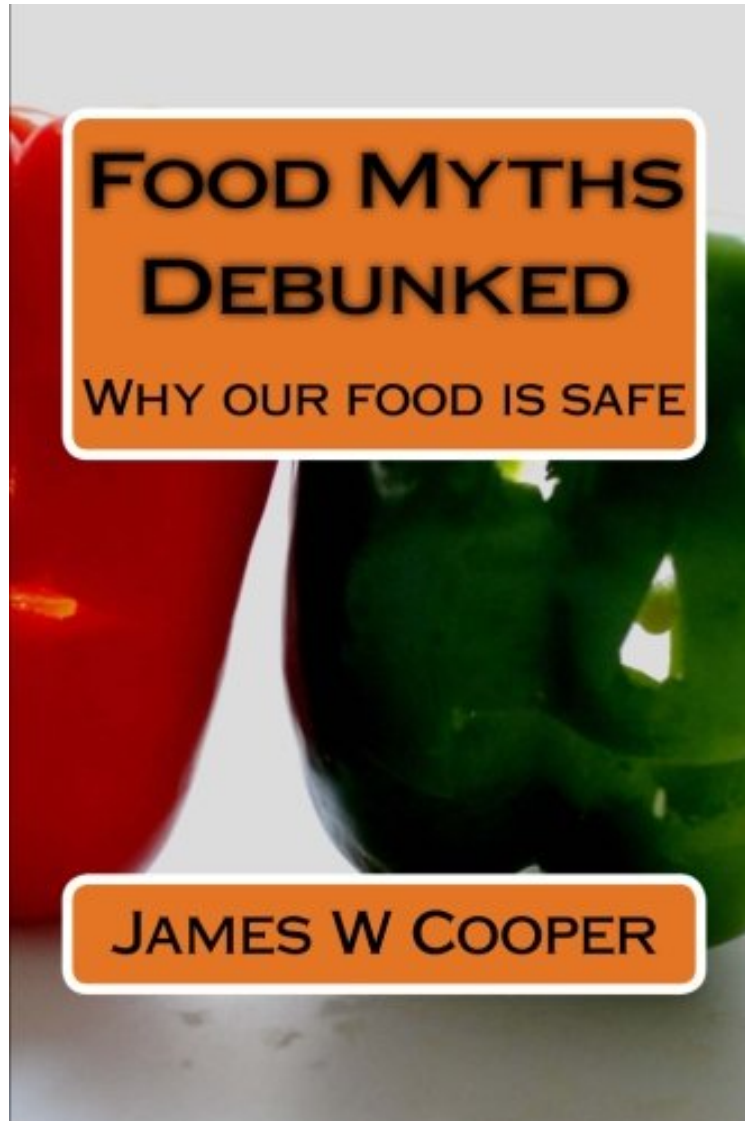


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## Food Myths Debunked: Why our food is safe

*James W Cooper*

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This book goes through the most common food fears and myths and debunks them with some simple science. Told in readable story form, the book tackles HFCS, MSG, food colorings, raw milk, organic farming, GMOs and biotechnology, sugars, artificial sweeteners and honey. Every chapter ends with footnotes to actual papers that help reassure you that we have one of the safest food systems in the world.