



Nutrition in Crisis

Flawed Studies, Misleading Advice, and
the Real Science of Human Metabolism

Richard David Feinman, PhD

Nutrition / Health & Wellbeing / Food

\$24.95 US • \$32.95 CAN • £19.99 UK

Paperback Original • 6 × 9 • 304 pages

Black-and-white illustrations throughout

ISBN 978-1-60358-819-5

On-Sale Date: March 18, 2019 (US/CAN)

On-Sale Date: April 25, 2019 (UK)

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“ [A] fascinating book . . . by one of the original low-carb researchers whose grounding in the field goes back decades.”

—**NINA TEICHOLZ**, author of the *New York Times* bestseller *The Big Fat Surprise*

“ This ‘can’t put down’ volume is the closest thing to a complete analysis of the biochemistry of human macronutrients that you will find.”

—**RICHARD K. BERNSTEIN, MD**, author of *The Diabetes Solution*

How is it possible that, in the most scientific period in history, our society runs on incorrect scientific information about food and our body? In *Nutrition in Crisis*, distinguished biochemist Richard Feinman, PhD, cuts through the noise, explaining the intricacies of nutrition and human metabolism in accessible terms and providing a common-sense approach to making intelligent nutritional choices.

In his book, Feinman:

- provides a guide to recognizing flawed studies and shares the tools needed to navigate medical literature
- tells the story of the first low-carb revolution fifteen years ago, how it began, what killed it and why a second revolution is now reaching a fever pitch
- clarifies the underlying science demonstrating the preeminence of low-carbohydrate diets for weight loss, diabetes, other metabolic diseases, and even cancer
- exposes the backhanded tactics of a regressive nutritional establishment that ignores good data and common sense

To request a review copy or author interview, please contact Christina Butt at (802) 295-6300 ext. 127, or cbutt@chelseagreen.com.



Richard David Feinman, PhD, is a professor of cell biology at the State University of New York Downstate Medical Center in Brooklyn, where he has been a pioneer in incorporating nutrition into the biochemistry curriculum. Dr. Feinman has published numerous scientific and popular papers and is the founder and former coeditor-in-chief of the journal *Nutrition & Metabolism*.

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