



Feeding You Lies: How to Unravel the Food Industry's Playbook and Reclaim Your Health

Vani Hari

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In this book, *New York Times* best-selling author Vani Hari, "The Food Babe," exposes the flagrant lies we've been fed about the food we eat—lies about its nutrient value, effects on our health, label information, and even the very science on which we make our food choices.

Feeding You Lies guides readers on how to eat foods that truly fill us with nutrients, while discussing the reasons why we continue to fail at becoming healthy, despite our best efforts. It also provides an easy-to-follow plan to help readers avoid this chemical onslaught—and get healthy in the process. Some of the topics covered include:

How processing strips vital nutrients from our food

Scandalous cover-ups by the sugar industry to deflect the deadly health risks of sugar, away from sugar to dietary fat

Food marketing hoaxes such as gluten-free and fat-free

Synthetic fortification of food to make products appear healthier than they really are

This book offers a 48-hour Toxin Takedown to rid your house and body of food toxins, as well as a 30-Day Lifestyle Challenge, a blueprint for living your life without preservatives, natural and artificial sweeteners, GMOs, additives food dyes, fillers, and more.

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From Reader Review Feeding You Lies: How to Unravel the Food Industry's Playbook and Reclaim Your Health for online ebook

Kitten Kisser says

Vani manages what I feel like I never could, she knows how to hook people & get them to listen to her regarding what is going on with our corrupt food system. While I'm older than her, her story feels very similar to my own (& I imagine many others). My disgust led me to organic food, fighting for the Certified Organic label, growing my own & eventually quitting my job with my husband & moving to another state so we could run our own farm organically full time. That is how disgusted I am/was with our food system. Fast forward two decades & folks are so much more aware (although still not enough folks) of the corruption in our food system. When GMO's became much more widely recognized I was thrilled. I remember saying to my husband, that now organic would finally reach it's full potential. Instead, folks grew angry over a lack of GM labeling & starting focusing on buying non GMO food rather than supporting certified organic which is non GMO & so much more. It was & has been so disappointing for the organic movement. I love how Vani points out that organic is leaps & bounds better than non GMO & even points out that foods that are non GMO can & still do contain glyphosate. This is something I've been trying to teach folks for years. This misinformation is intentional to create as much confusion as possible regarding non GMO, organic, & conventional. The more confused folks are, the more likely they are to throw up their hands & give up. While I've been shouting to the roof tops for the past 20 years about our food system, everyone looks at me like I'm crazy (less so now, then when I first started preaching). So, I may not be able to convince you, but maybe Vani can. Or maybe like me you are already a Food Babe follower & believer. If so, this book is worth gifting to someone who needs a little push in the right direction. You never know, it might finally click with them & we will have yet another educated consumer on our side. For me, this book is a nice refresher for what I already know. I am hoping it will help me educate others regarding our food system. Unlike other books of this type, Vani keeps it very conversational. She never bogs the reader down with more information than they can handle. Everything is clear & easy to understand. She also backs up her statements, providing pages of end notes that list her sources.

Lastly, while Vani has her own line of food products (Truvani) she mentions it in the book but doesn't push her products. The mention simply goes with her story regarding our food system. She even has a 48 hour detox plan which simply suggests eating very healthy organic foods. No special foods from her Truvani line. When I consider how many authors use opportunities like this to self promote their supplements/products, the fact that Vani didn't do this is highly commendable. I greatly appreciate the lack of a sales pitch. This book is pure, real, information. What you do with it is up to you.

I wish you good health.

Heather says

Vani Hari is a force to be reckoned with and her book is an act of bravery and a call to action for all of us. We deserve better from our government than the con job we are being served up. Thank you, Vani, for a very readable, very well-researched wake up call. Much of the general advice here I am already employing in the way I feed my family as a result of my own journey and research, but there is still much eye-opening to be had here. I want to buy a copy of this for every American mama!

Anjj says

Very insightful lol am now very aware of what passes my lips

Cara Mcelligott says

It's about time the lies of food industry are exposed, and Vani Hari thoroughly investigates this deception and delivers it in an easy to read book. She highlights the widespread corruption of big food business & reveals how they are in bed with politicians, professors & "health experts" who consumers are led to believe are unbiased and trustworthy- all to promote their toxic products and pass them off to the public as not only edible, but healthy (it's laughable).

For many years our country has failed us by allowing these companies to fill our family's food with harmful and toxic chemicals and substances that we have no business eating. Hari highlights how many of the same foods in other countries have a different list of ingredients because they are not allowed to get away with filling their products with these toxic chemicals. Apparently these businesses can still turn a profit in the U.K without using cheap additives and fillers, so why poison U.S. families with disease- causing ingredients? Because they can.

This book is an important step in the right direction that can hopefully lead to government reform that places stricter guidelines on ingredients used in our food. Or maybe these big businesses can reallocate their funds & spend more on quality ingredients to making a safer product, rather than spend millions in their PR department to convince us their foods aren't dangerous.

Thank you Vani Hari for being a pioneer and caring about the people who have been failed by the food industry.

Brenna Newman says

Everyone should read this book!!! My grocery shopping trips will never be the same.

Jennifer says

Excellent book! Well researched and well written! My own health journey mirrors hers very much. So some of the information in this book I already knew, some I did not. Highly recommend this book for EVERYONE, especially if you want to regain your health, improve your health and the health of those you care for!

Karen says

This is sort of a continuation of Vani Hari's first book, The Food Babe. I love what Ms. Hari is doing, and

her books provide great information.

Leticia says

Well-researched book and it has me thinking that I need to start making better food choices!

Deanna says

Everyone should read this book. Vani Hari is my “North Star” in the category of food and wellness and her first book as well as this one is so eye opening. This was such a great read and I look forward to bending ears to anyone who will listen.
