

Rebound Diet from Rebound Health

The Oiling of America

by Mary G. Enig, Ph.D. and Sally Fallon

SUMMARY: MARGARINE'S THE BAD GUY AND BUTTER AND EGGS ARE THE GOOD GUYS.

Big business, government agencies and medical organizations have campaigned deceptively against cholesterol, meat, eggs, butter and other traditional foods, leading to huge profits from sales of potentially more harmful margarine, refined foods and trans-fatty acid products. Scientific data contradicting that public health policy was suppressed and censored from publication for many years. Dr. Enig and Sally Fallon now tell you the truth about how that happened.

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Endnotes

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