



The Gluten Lie

And other myths about what you eat

Alan Levinovitz, PhD

*The truth about:

- Salt _____
- Sugar _____
- Fat _____
- Carbs ... and the latest fad, Gluten _____ %

"Levinovitz brings science back into the picture in an eye-opening way."
—BRIAN WANSINK, PhD, author of *Slim by Design* and *Mindless Eating*

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