

Bad Advice Or Why Celebrities Politicians And Activists Arent Your Best Source Of Health Information

Democracy and Political Ignorance David Goes to School HappiNest Name Drop Two's Company Bad Advice I'm Too Young for This! What Makes a Marriage Last The Artist's Way Girl, Wash Your Face Dear Girls Fever 1793 Vaccines & Your Child Hijacking the Runway Deadly Choices A Place to Land Killing Us Softly Ninja: Get Good Medical Medium Celery Juicels Gwyneth Paltrow Wrong about Everything? Do You Believe in Magic? How To Win Friends and Influence People I Tried to Change So You Don't Have To So Good They Can't Ignore You K is for Knifeball Hype Ageless Recovery Live Long And . . . Bad Advice Overkill The Hamptons Diet Who Gets In and Why Pandora's Lab Getting Risk Right Controversial Therapies for Autism and Intellectual Disabilities Vaccinated Bad Advice Autism's False Prophets Bad Faith

Democracy and Political Ignorance

Celery juice is everywhere for a reason: because it's saving lives as it restores people's health one symptom at a time. From celebrities posting about their daily celery juice routines to people from all walks of life sharing pictures and testimonials of their dramatic recovery stories, celery juice is revealing itself to ignite healing when all odds seem against it. What began decades ago as a quiet movement has become a global healing revolution. In *Celery Juice: The Most Powerful Medicine of Our Time Healing Millions Worldwide*, Anthony William, the originator of the global celery juice movement, introduces you to celery juice's incredible ability to create sweeping improvements on every level of our health:

- Healing the gut and relieving digestive disorders
- Balancing blood sugar, blood pressure, weight, and adrenal function
- Neutralizing and flushing toxins from the liver and brain
- Restoring health in people who suffer from a vast range of chronic and mystery illnesses and symptoms, among them fatigue, brain fog, acne, eczema, addiction, ADHD, thyroid disorders, diabetes, SIBO, eating disorders, autoimmune disorders, Lyme disease, and eye problems

After revealing exactly how celery juice does its anti-inflammatory, alkalizing, life-changing work to provide these benefits and many more, he gives you the powerful, definitive guidelines to do your own celery juice cleanse correctly and successfully. You'll get instructions on how to make the juice, how much to drink, when to drink it, and what to expect as your body begins to detox, plus answers to FAQs such as "Is it safe to drink celery juice while pregnant or breastfeeding?", "Is blending better than juicing?", and "Can I take my medications with it?" Here is everything you need to know--from the original source--to receive the full gift of what Anthony calls "one of the greatest healing tonics of all time."

David Goes to School

Looks at the history of autism research and argues that the media and advocates have misled the public in their declaration that childhood vaccinations are the cause of autism.

HappiNest

A half century ago, acupuncture, homeopathy, naturopathy, Chinese herbs, Christian exorcisms, dietary supplements, chiropractic manipulations, and ayurvedic remedies were considered on the fringe of medicine. Now these practices—known variably as alternative, complementary, holistic, or integrative medicine—have become mainstream, used by half of all Americans today to treat a variety of conditions, from excess weight to cancer. But alternative medicine is an unregulated industry under no legal obligation to prove its claims or admit its risks, and many popular alternative therapies are ineffective,

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expensive, or even deadly. In *Do You Believe in Magic?* Dr. Offit debunks the treatments that don't work and tells us why, and takes on the media celebrities who promote alternative medicine. Using dramatic real-life stories, he separates the sense from the nonsense, explaining why any therapy—alternative or traditional—should be scrutinized. As Dr. Offit explains, some popular therapies are remarkably helpful due to the placebo response, but "there's no such thing as alternative medicine. There's only medicine that works and medicine that doesn't."

Name Drop

Do cell phones cause brain cancer? Does BPA threaten our health? How safe are certain dietary supplements, especially those containing exotic herbs or small amounts of toxic substances? Is the HPV vaccine safe? We depend on science and medicine as never before, yet there is widespread misinformation and confusion, amplified by the media, regarding what influences our health. In *Getting Risk Right*, Geoffrey C. Kabat shows how science works—and sometimes doesn't—and what separates these two very different outcomes. Kabat seeks to help us distinguish between claims that are supported by solid science and those that are the result of poorly designed or misinterpreted studies. By exploring different examples, he explains why certain risks are worth worrying about, while others are not. He emphasizes the variable quality of research in contested areas of health risks, as well as the professional, political, and methodological factors that can distort the research process. Drawing on recent systematic critiques of biomedical research and on insights from behavioral psychology, *Getting Risk Right* examines factors both internal and external to the science that can influence what results get attention and how questionable results can be used to support a particular narrative concerning an alleged public health threat. In this book, Kabat provides a much-needed antidote to what has been called "an epidemic of false claims."

Two's Company

"An exploration of the effect our celebrity-dominated culture has on our ideas of living the good life Our perceptions of beauty, health, success, and happiness are framed by a popular culture that is increasingly disconnected from reality. This isn't just a hyperbolic assertion. Research tells us that our health decisions and goals are influenced by both celebrity culture and celebrity endorsements, that our children's ambitions are now overwhelmingly governed by the fantasy of fame, and that our ideals of beauty and success are mediated through a celebrity-dominated worldview. The celebrity brand is at once the most desired state of being (modern-day royalty!) and one of the most socially problematic. Health law and policy researcher Timothy Caulfield provides a fun look into the celebrity world, including interesting facts and anecdotes, as well as a boatload of practical and evidence-based advice on everything from diet, skin care, and colon cleanses to detoxing from our celebrity ambitions. Caulfield tries out for *American Idol*, has a professional makeover, and endures the Gwyneth Paltrow-endorsed cleanse in this thoroughly unique, engaging, and provocative book"--

Bad Advice

A guide to taking on self-appointed activists and quack experts offers hard-earned wisdom on the dos and don'ts of battling misinformation, by a science and public health professional who has been on the frontline for twenty years.

I'm Too Young for This!

From Ross Mathews, the nationally bestselling author of *Man Up!*, judge on *RuPaul's Drag Race*, and

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alum of Chelsea Lately, comes “ a delightful mix of sweet and sour celebrity experiences ” (Shelf Awareness) in this hilarious and irreverent collection of essays. Pretend it ’ s happy hour and you and I are sitting at the bar. I look amazing and, I agree with you, much thinner in person. You look good, too. Maybe it ’ s the candlelight, maybe it ’ s the booze. Either way, let ’ s just go with it. Keep this all between you and me, and do me a favor? Don ’ t judge me if I name drop just a little. Television personality Ross Mathews likes telling stories. He was always outrageous and hilariously honest, even when the biggest celebrity he knew was his favorite lunch lady in the school cafeteria. Now that he has Hollywood experience—from interning behind the scenes at The Tonight Show with Jay Leno to judging RuPaul ’ s Drag Race—he has a lot to talk about. In Name Drop, Ross dishes about being an unlikely insider in the alternate reality that is showbiz, like that time he was invited by Barbara Walters to host The View—only to learn his hero did not suffer fools; his Christmas with the Kardashians, which should be its own holiday special; and his news-making talk with Omarosa on Celebrity Big Brother, which, as it turns out, was just the tip of the iceberg. Holding nothing back, Ross shares the most treasured and surprising moments in his celebrity-filled career, and proves that while exposure may have made him a little bit famous, he is still as much a fanboy as ever. Filled with “ charmingly told ” (Booklist) tales ranging from the horrifying to the hilarious—and with just the right “ Rossipes ” and cocktails to go along with them—Name Drop is every pop culture lover ’ s dream come true.

What Makes a Marriage Last

NEW YORK TIMES BESTSELLER • Ali Wong ’ s heartfelt and hilarious letters to her daughters (the two she put to work while they were still in utero) cover everything they need to know in life, like the unpleasant details of dating, how to be a working mom in a male-dominated profession, and how she trapped their dad. “ Knife-sharp . . . a genuine pleasure. ” —The New York Times NAMED ONE OF THE BEST BOOKS OF THE YEAR BY Time • Variety • Chicago Tribune • Glamour • New York In her hit Netflix comedy special Baby Cobra, an eight-month pregnant Ali Wong resonated so strongly that she even became a popular Halloween costume. Wong told the world her remarkably unfiltered thoughts on marriage, sex, Asian culture, working women, and why you never see new mom comics on stage but you sure see plenty of new dads. The sharp insights and humor are even more personal in this completely original collection. She shares the wisdom she ’ s learned from a life in comedy and reveals stories from her life off stage, including the brutal single life in New York (i.e. the inevitable confrontation with erectile dysfunction), reconnecting with her roots (and drinking snake blood) in Vietnam, tales of being a wild child growing up in San Francisco, and parenting war stories. Though addressed to her daughters, Ali Wong ’ s letters are absurdly funny, surprisingly moving, and enlightening (and gross) for all. Praise for Dear Girls “ Fierce, feminist, and packed with funny anecdotes. ” —Entertainment Weekly “ [Wong] spins a volume whose pages simultaneously shock and satisfy. . . . Dear Girls is not so much a real-talk handbook as it is a myth-puncturing manifesto. ” —Vogue “ [A] refreshing, hilarious, and honest account of making a career in a male-dominated field, dating, being a mom, growing up, and so much more. . . . Yes, this book is addressed to Wong ’ s daughters, but every reader will find nuggets of wisdom and inspiration and, most important, something to laugh at. ” —Bustle

The Artist's Way

Science doesn ’ t speak for itself. Neck-deep in work that can be messy and confounding, and naïve in the ways of public communication, scientists are often unable to package their insights into the neat narratives that the public requires. Enter the celebrities, the advocates, the lobbyists, and the funders behind them, who take advantage of scientists ’ reluctance to provide easy answers, flooding the media with misleading or incorrect claims about health risks. Amid this onslaught of spurious information, Americans are more confused than ever about what ’ s good for them and what isn ’ t. In Bad Advice,

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Paul A. Offit shares hard-earned wisdom on the do's and don'ts of battling misinformation. For the past twenty years, Offit has been on the front lines in the fight for sound science and public health. Stepping into the media spotlight as few scientists have done—such as being one of the first to speak out against conspiracy theories linking vaccines to autism—he found himself in the crosshairs of powerful groups intent on promoting pseudoscience. *Bad Advice* discusses science and its adversaries: not just the manias stoked by slick charlatans and their miracle cures but also corrosive, dangerous ideologies such as Holocaust and climate-change denial. Written with wit and passion, Offit's often humorous guide to taking on quack experts and self-appointed activists is a must-read for any American disturbed by the recent uptick in politicized attacks on science.

Girl, Wash Your Face

In her most personal and inspiring book yet, New York Times bestselling author Suzanne Somers shows readers how to shape a healthy, lasting relationship through the lens of her fifty-year love affair with her husband, Alan Hamel. For the first time, Suzanne will expose the inner workings of her marriage: a winning combination of love, business, and family. Starting from the very beginning, when a big-city guy from Toronto met a small-town girl from San Bruno, California, readers will get a behind-the-scenes perspective on Suzanne's groundbreaking success as a TV star and Las Vegas diva, multiple-bestselling author, and successful entrepreneur and businesswoman, along with her more personal life as a mother, partner, and ultimately self-fulfilled woman. Through fame, fortune, sickness and blended families, Suzanne and Alan have kept the vitality of their marriage alive— together 24/7 (and haven't spent a night apart in 37 years), and combining business savvy in their constantly evolving relationship. Now, Suzanne reveals hard-won advice on how to rely on another person without sacrificing individual strengths. In this mixture of love story, memoir, and practical guide, readers, too, will discover how to forge and maintain a true partnership that's built to last.

Dear Girls

Presents a plan for helping bodies transition hormonally without drugs from puberty through perimenopause, detailing the role of certain hormones, the importance of diet, and the steps to finding the right doctor.

Fever 1793

Provides information about how vaccines are made, why they are given, and the safety of the vaccinations given today, as well as advice for parents about vaccinations and altering vaccine schedules.

Vaccines & Your Child

Maurice Hilleman's mother died a day after he was born and his twin sister stillborn. As an adult, he said that he felt he had escaped an appointment with death. He made it his life's work to see that others could do the same. Born into the life of a Montana chicken farmer, Hilleman ran off to the University of Chicago to become a microbiologist, and eventually joined Merck, the pharmaceutical company, to pursue his goal of eliminating childhood disease. Chief among his accomplishments are nine vaccines that practically every child gets, rendering formerly dread diseases—including often devastating ones such as mumps and rubella—practically toothless and nearly forgotten; his measles vaccine alone saves several million lives every year. *Vaccinated* is not a biography; Hilleman's experience forms the basis for a rich and lively narrative of two hundred years of medical history, ranging across the globe and throughout time to take in a cast of hundreds, all caught up, intentionally or otherwise, in the story of

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vaccines. It is an inspiring and triumphant tale, but one with a cautionary aspect, as vaccines come under assault from people blaming vaccines for autism and worse. Paul Offit clearly and compellingly rebuts those arguments, and, by demonstrating how much the work of Hilleman and others has gained for humanity, shows us how much we have to lose.

Hijacking the Runway

An inspiring, hilarious memoir about learning to resist the pressures of conformity, love yourself for who you are, embrace your flaws, and unlock your true potential. Now cohost of Fox's *The Real* and SiriusXM's *Café Mocha*, Loni Love hasn't taken the typical path to becoming America's favorite straight-talking girlfriend and comedian. She was not the child of Hollywood legends and she never wore a size 00. Rather, she grew up in housing projects in Detroit, more worried about affording her next meal than going on a diet. When she moved to Hollywood after graduating college with an engineering degree, seeking to break out in the entertainment world, there was nothing that would convince her to eat the kale salads and quinoa bowls that her colleagues introduced her to, which looked to Love like "weeds my grandma used to pay me a dollar to pull from her yard." Still, despite the differences that set her apart in the status-driven world of entertainment where being thin, young, blond, and bubbly is sometimes considered a talent, Love spent years trying to fit in -- trying to style her hair just so, dieting, dating the men she thought she was supposed to be with. In this book, she tells the uproariously funny story of how she overcame the trap of self-improvement and instead learned to embrace who she was. As Love writes, "There's a saying a lot of people live by: 'Fake it till you make it.' For me, it's always been 'fake it, and then have the whole thing blow up in your face.'" *I Tried to Change So You Don't Have To* explores all of the embarrassing mistakes, terrifying challenges, and unexpected breakthroughs that taught her how, by committing ourselves to our own path, we can take control of our destiny.

Deadly Choices

Star Trek legend and veteran author William Shatner discusses the meaning of life, finding value in work, and living well whatever your age. "I have always felt," William Shatner says early in his newest memoir, that "like the great comedian George Burns, who lived to 100, I couldn't die as long as I was booked." And Shatner is always booked. Still, a brief health scare in 2016 forced him to take stock. After mulling over the lessons he's learned, the places he's been, and all the miracles and strange occurrences he's witnessed over the course of an enduring career in Hollywood and on the stage, he arrived at one simple rule for living a long and good life: don't die. It's the only one-size-fits-all advice, Shatner argues in *Live Long and...What I Learned Along the Way*, because everyone has a unique life—but, to help us all out, he's more than willing to share stories from his unique life. With a combination of pithy humor and thoughtful vulnerability, Shatner lays out his journey from childhood to peak stardom and all the bumps in the road. (Sometimes the literal road, as in the case of his 2,400-mile motorcycle trip across the country with a bike that didn't function.) William Shatner is one of our most beloved entertainers, and he intends never to stop entertaining. His funny, provocative, and poignant reflections offer an unforgettable read about a remarkable man.

A Place to Land

Diet secrets of the rich, famous, and thin! Where health meets style, where the world-renowned Hamptons meet the Mediterranean—that's the Hamptons Diet, a weight-loss plan that has been a breakthrough success for some of the world's leading celebrities. In *The Hamptons Diet*, Dr. Fred Pescatore, one of the world's most highly visible diet experts, offers you a prescription for losing weight quickly while looking great and staying healthy that's inspired by the healthy lifestyles and demanding

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palates of the rich and famous. With the Hamptons Diet, you eat healthy carbohydrates and ample protein, achieving a naturally low-glycemic balance. In this satisfying, easy-to-follow program, you get everything you need to lose weight quickly and safely, including thirty days of meal plans, a secret ingredient—macadamia nut oil, which boosts your metabolism and is the healthiest cooking oil on the planet—and almost 200 sumptuous recipes.

Killing Us Softly

An acclaimed medical expert and patient advocate offers an eye-opening look at many common and widely used medical interventions that have been shown to be far more harmful than helpful. Yet, surprisingly, despite clear evidence to the contrary, most doctors continue to recommend them. Modern medicine has significantly advanced in the last few decades as more informed practices, thorough research, and incredible breakthroughs have made it possible to successfully treat and even eradicate many serious ailments. Illnesses that once were a death sentence, such as HIV and certain forms of cancer, can now be managed, allowing those affected to live longer, healthier lives. Because of these advances, we now live 30 years longer than we did 100 years ago. But while we have learned much in the preceding decades that has changed our outlook and practices, we still rely on medical interventions that are vastly out of date and can adversely affect our health. We all know that finishing the course of antibiotics prevents the recurrence of illness, that sunscreens block harmful UV rays that cause skin cancer, and that all cancer-screening programs save lives. But do scientific studies really back this up? In this game-changing book, Dr. Paul A. Offit debunks fifteen common medical interventions that have long been considered gospel despite mounting evidence of their adverse effects, from vitamins, sunscreen, fever-reducing medicines, and eyedrops for pink eye to more serious procedures like heart stents and knee surgery. Analyzing how these practices came to be, the biology of what makes them so ineffective and harmful, and the medical culture that continues to promote them, *Overkill* informs patients to help them advocate for their health. By educating ourselves, we can ask better questions about some of the drugs and surgeries that are all too readily available—and all too heavily promoted.

Ninja: Get Good

David's teacher has her hands full. From running in the halls to chewing gum in class, David's high-energy antics fill each schoolday with trouble—and are sure to bring a smile to even the best-behaved reader.

Medical Medium Celery Juice

In an unorthodox approach, Georgetown University professor Cal Newport debunks the long-held belief that "follow your passion" is good advice, and sets out on a quest to discover the reality of how people end up loving their careers. Not only are pre-existing passions rare and have little to do with how most people end up loving their work, but a focus on passion over skill can be dangerous, leading to anxiety and chronic job hopping. Spending time with organic farmers, venture capitalists, screenwriters, freelance computer programmers, and others who admitted to deriving great satisfaction from their work, Newport uncovers the strategies they used and the pitfalls they avoided in developing their compelling careers. Cal reveals that matching your job to a pre-existing passion does not matter. Passion comes after you put in the hard work to become excellent at something valuable, not before. In other words, what you do for a living is much less important than how you do it. With a title taken from the comedian Steve Martin, who once said his advice for aspiring entertainers was to "be so good they can't ignore you," Cal Newport's clearly written manifesto is mandatory reading for anyone fretting about what to do with their life, or frustrated by their current job situation and eager to find a fresh new way to

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take control of their livelihood. He provides an evidence-based blueprint for creating work you love, and will change the way you think about careers, happiness, and the crafting of a remarkable life.

Is Gwyneth Paltrow Wrong about Everything?

From the authors of the breakout bestseller *All my friends are dead.* and in the humorous vein of *Go the F**k to Sleep* comes a laugh-out-loud collection of bad advice that turns the children's alphabet book on its head. Adorable illustrated characters lead readers down a path of poor decision-making, and alphabetical, rhyming couplets offer terrible life lessons in which O is for opening things with your teeth, F is for setting Daddy's wallet on fire, and R is for Raccoon (but definitely not for rabies). With plenty of playfully disastrous choices lurking around every corner, this compendium of black humor may be terrible for actual children, but it's perfect for the common-senseless child in all adults.

Do You Believe in Magic?

First published by Jeremy P. Tarcher/Putnam 1992.

How To Win Friends and Influence People

#1 NEW YORK TIMES BESTSELLER – OVER 3 MILLION COPIES SOLD Do you ever suspect that everyone else has life figured out and you don't have a clue? If so, Rachel Hollis has something to tell you: that's a lie. If you have ever said any of these things to yourself . . . Something else will make me happy. I'm not a good mom. I will never get past this. I am defined by my weight. I should be further along by now. . . . then you could benefit from the unflinching faith and rock-hard tenacity Rachel Hollis has in store for you. In this challenging but conversational book, Rachel exposes the twenty lies and misconceptions that too often hold us back from living joyfully and productively, lies we've told ourselves so often we don't even hear them anymore. Rachel is real and talks about real issues. More than that, she reveals the specific practical strategies that helped her move past them. In the process, she encourages, entertains, and even kicks a little butt, all to convince you to do whatever it takes to get real and become the joyous, confident woman you were meant to be. Because you really can live with passion and hustle — and give yourself grace without giving up.

I Tried to Change So You Don't Have To

A fascinating chronicle of how celebrity has inundated the world of fashion, realigning the forces that drive both the styles we covet and the bottom lines of the biggest names in luxury apparel. From Coco Chanel's iconic tweed suits to the miniskirt's surprising comeback in the late 1980s, fashion houses reigned for decades as the arbiters of style and dictators of trends. Hollywood stars have always furthered fashion's cause of seducing the masses into buying designers' clothes, acting as living billboards. Now, forced by the explosion of social media and the accelerating worship of fame, red carpet celebrities are no longer content to just advertise and are putting their names on labels that reflect the image they—or their stylists—created. Jessica Simpson, Jennifer Lopez, Sarah Jessica Parker, Sean Combs, and a host of pop, sports, and reality-show stars of the moment are leveraging the power of their celebrity to become the face of their own fashion brands, embracing lucrative contracts that keep their images on our screens and their hands on the wheel of a multi-billion dollar industry. And a few celebrities—like the Olsen Twins and Victoria Beckham—have gone all the way and reinvented themselves as bonafide designers. Not all celebrities succeed, but in an ever more crowded and clamorous marketplace, it's increasingly unlikely that any fashion brand will succeed without celebrity involvement—even if designers, like Michael Kors, have to become celebrities themselves. Agins charts this strange new terrain with wit and

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insight and an insider ' s access to the fascinating struggles of the bold-type names and their jealousies, insecurities, and triumphs. Everyone from industry insiders to fans of Project Runway and America's Next Top Model will want to read Agins ' s take on the glitter and stardust transforming the fashion industry, and where it is likely to take us next.

So Good They Can't Ignore You

A NEW YORK TIMES NOTABLE BOOK OF 2020 From award-winning higher education journalist and New York Times bestselling author Jeffrey Selingo comes a revealing look from inside the admissions office—one that identifies surprising strategies that will aid in the college search. Getting into a top-ranked college has never seemed more impossible, with acceptance rates at some elite universities dipping into the single digits. In *Who Gets In and Why*, journalist and higher education expert Jeffrey Selingo dispels entrenched notions of how to compete and win at the admissions game, and reveals that teenagers and parents have much to gain by broadening their notion of what qualifies as a “ good college. ” Hint: it ' s not all about the sticker on the car window. Selingo, who was embedded in three different admissions offices—a selective private university, a leading liberal arts college, and a flagship public campus—closely observed gatekeepers as they made their often agonizing and sometimes life-changing decisions. He also followed select students and their parents, and he traveled around the country meeting with high school counselors, marketers, behind-the-scenes consultants, and college rankers. While many have long believed that admissions is merit-based, rewarding the best students, *Who Gets In and Why* presents a more complicated truth, showing that “ who gets in ” is frequently more about the college ' s agenda than the applicant. In a world where thousands of equally qualified students vie for a fixed number of spots at elite institutions, admissions officers often make split-second decisions based on a variety of factors—like diversity, money, and, ultimately, whether a student will enroll if accepted. One of the most insightful books ever about “ getting in ” and what higher education has become, *Who Gets In and Why* not only provides an usually intimate look at how admissions decisions get made, but guides prospective students on how to honestly assess their strengths and match with the schools that will best serve their interests.

K is for Knifeball

One of the biggest problems with modern democracy is that most of the public is usually ignorant of politics and government. Often, many people understand that their votes are unlikely to change the outcome of an election and don't see the point in learning much about politics. This may be rational, but it creates a nation of people with little political knowledge and little ability to objectively evaluate what they do know. In *Democracy and Political Ignorance*, Ilya Somin mines the depths of ignorance in America and reveals the extent to which it is a major problem for democracy. Somin weighs various options for solving this problem, arguing that political ignorance is best mitigated and its effects lessened by decentralizing and limiting government. Somin provocatively argues that people make better decisions when they choose what to purchase in the market or which state or local government to live under, than when they vote at the ballot box, because they have stronger incentives to acquire relevant information and to use it wisely.

Hype

Can you really feel better as you get older? Is aging without illness possible? Is your own internal fountain of youth waiting to be discovered? Yes, yes, and YES! says Suzanne Somers, the bestselling author of *The Sexy Years*. It can all be true when you take advantage of the science of antiaging medicine—a revolutionary approach to achieving the ageless life. Suzanne Somers has already

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introduced millions of women to bioidentical hormone replacement therapy and changed the way we look at menopause. Now, in *Ageless*, Suzanne introduces an inspiring, medically validated approach to reversing the aging process and maintaining a healthy, vibrant, mentally sharp, sexually active life—while building the body's natural defenses against age-related diseases. Suzanne talks about:

- How antiaging medicine can help detox the body of harmful pollutants and chemicals and strengthen our weakest glands and organs
- The dangers of perimenopause and how women can treat it
- Why so many hysterectomies are unnecessary, how birth control pills may have contributed to the rise of hysterectomies, and how to restore your body to perfect hormonal balance after having one
- How andropause is a real condition for men, and how men can lose weight, regain their youthful physiques, and restore health, energy, and sexuality, all through bioidentical HRT
- The importance of sleep and the healing work that nature does during this time to balance hormones and increase energy

In this “antiaging bible,” Suzanne brings together prominent, Western-trained antiaging doctors to show how the traditional medical approach is woefully inadequate. Its standard of care has been to treat all symptoms with drugs, but in *Ageless* you will find out how this approach does not make us better. With antiaging medicine you can heal your body rather than keep a chronic condition at bay with drugs. *Ageless* shows you how to keep your “insides” young, and how this manifests on the outside. From the Hardcover edition.

Ageless

You can go after the job you want—and get it! You can take the job you have—and improve it! You can take any situation—and make it work for you! Dale Carnegie's rock-solid, time-tested advice has carried countless people up the ladder of success in their business and personal lives. One of the most groundbreaking and timeless bestsellers of all time, *How to Win Friends & Influence People* will teach you:

- Six ways to make people like you
- Twelve ways to win people to your way of thinking
- Nine ways to change people without arousing resentment

And much more! Achieve your maximum potential—a must-read for the twenty-first century with more than 15 million copies sold!

Recovery

A medical expert - the Chief of the Division of Infectious Diseases at Children's Hospital in Philadelphia - offers a scathing expose of the alternative medicine industry, revealing how its popular therapies are ineffective, expensive and even deadly. A half a century ago, acupuncture, homeopathy, naturopathy, Chinese herbs, Christian exorcisms, dietary supplements, chiropractic manipulations and traditional Indian remedies were once considered on the fringe of medicine. Now, these practices-known as alternative, complementary, holistic, and integrative medicine-have become mainstream, used by those seeking to burn fat, detoxify livers, shrink prostates, alleviate colds, stimulate brains, boost energy, reduce stress, enhance immunity, eliminate pain, prevent cancer, and enliven sex. But as Paul Offit reveals, alternative medicine - an unregulated industry under no legal obligation to prove its claims or admit its risks - can actually be harmful to our health.

Live Long And . . .

One of the largest and most complex human services systems in history has evolved to address the needs of people with autism and intellectual disabilities, yet important questions remain for many professionals, administrators, and parents. What approaches to early intervention, education, treatment, therapy, and remediation really help those with autism and other intellectual disabilities improve their functioning and adaptation? Alternatively, what approaches represent wastes of time, effort, and resources? *Controversial Therapies for Autism and Intellectual Disabilities, 2nd Edition* brings together leading behavioral

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scientists and practitioners to shed much-needed light on the major controversies surrounding these questions. Expert authors review the origins, perpetuation, and resistance to scrutiny of questionable practices, and offer a clear rationale for appraising the quality of various services. The second edition of *Controversial Therapies for Autism and Intellectual Disabilities* has been fully revised and updated and includes entirely new chapters on psychology fads, why applied behavioral analysis is not a fad, rapid prompting, relationship therapies, the gluten-free, casein-free diet, evidence based practices, state government regulation of behavioral treatment, teaching ethics, and a parents' primer for autism treatments.

Bad Advice

It's late summer 1793, and the streets of Philadelphia are abuzz with mosquitoes and rumors of fever. Down near the docks, many have taken ill, and the fatalities are mounting. Now they include Polly, the serving girl at the Cook Coffeehouse. But fourteen-year-old Mattie Cook doesn't get a moment to mourn the passing of her childhood playmate. New customers have overrun her family's coffee shop, located far from the mosquito-infested river, and Mattie's concerns of fever are all but overshadowed by dreams of growing her family's small business into a thriving enterprise. But when the fever begins to strike closer to home, Mattie's struggle to build a new life must give way to a new fight—the fight to stay alive.

Overkill

NEW YORK TIMES BESTSELLER Power couple Marlo Thomas and Phil Donahue have created a compelling and intimate collection of intriguing conversations with famous couples about their enduring marriages and how they have made them last through the challenges we all share. What makes a marriage last? Who doesn't want to know the answer to that question? To unlock this mystery, iconic couple Marlo Thomas and Phil Donahue crisscrossed the country and conducted intimate conversations with forty celebrated couples whose long marriages they've admired—from award-winning actors, athletes, and newsmakers to writers, comedians, musicians, and a former U.S. president and First Lady. Through these conversations, Marlo and Phil also revealed the rich journey of their own marriage. *What Makes a Marriage Last* offers practical and heartfelt wisdom for couples of all ages, and a rare glimpse into the lives of husbands and wives we have come to know and love. Marlo and Phil's frequently funny, often touching, and always engaging conversations span the marital landscape—from that first rush of new love to keeping that precious spark alive, from navigating hard times to celebrating triumphs, from balancing work and play and family to growing better and stronger together. At once intimate, candid, revelatory, hilarious, instructive, and poignant, this book is a beautiful gift for couples of every age and stage. Featuring interviews with: Alan and Arlene Alda • Kevin Bacon and Kyra Sedgwick President Jimmy and Rosalynn Carter • James Carville and Mary Matalin Deepak and Rita Chopra • Patricia Cornwell and Staci Gruber Bryan Cranston and Robin Dearden • Billy and Janice Crystal Jamie Lee Curtis and Christopher Guest • Ted Danson and Mary Steenburgen Viola Davis and Julius Tennon • Gloria and Emilio Estefan Michael J. Fox and Tracy Pollan • Chip and Joanna Gaines Sanjay and Rebecca Gupta • Mariska Hargitay and Peter Hermann Neil Patrick Harris and David Burtka • Ron and Cheryl Howard Jesse and Jacqueline Jackson • Elton John and David Furnish John and Justine Leguizamo • LL COOL J and Simone I. Smith Melissa McCarthy and Ben Falcone • John McEnroe and Patty Smyth Mehmet and Lisa Oz • Rodney and Holly Robinson Peete Letty Cottin Pogrebin and Bert Pogrebin • Rob and Michele Reiner Kelly Ripa and Mark Consuelos • Al Roker and Deborah Roberts Ray and Anna Romano • Tony Shalhoub and Brooke Adams Judges Judy and Jerry Sheindlin • George Stephanopoulos and Ali Wentworth Sting and Trudie Styler • Capt. Chesley "Sully" and Lorrie Sullenberger Lily Tomlin and Jane Wagner • Judith and Milton Viorst Judy Woodruff and Al Hunt • Bob Woodward and Elsa Walsh

The Hamptons Diet

What happens when ideas presented as science lead us in the wrong direction? History is filled with brilliant ideas that gave rise to disaster, and this book explores the most fascinating—and significant—missteps: from opium's heyday as the pain reliever of choice to recognition of opioids as a major cause of death in the U.S.; from the rise of trans fats as the golden ingredient for tastier, cheaper food to the heart disease epidemic that followed; and from the cries to ban DDT for the sake of the environment to an epidemic-level rise in world malaria. These are today's sins of science—as deplorable as mistaken past ideas about advocating racial purity or using lobotomies as a cure for mental illness. These unwitting errors add up to seven lessons both cautionary and profound, narrated by renowned author and speaker Paul A. Offit. Offit uses these lessons to investigate how we can separate good science from bad, using some of today's most controversial creations—e-cigarettes, GMOs, drug treatments for ADHD—as case studies. For every "Aha!" moment that should have been an "Oh no," this book is an engrossing account of how science has been misused disastrously—and how we can learn to use its power for good.

Who Gets In and Why

From one of the leading Fortnite gamers in the world comes your game plan for outclassing the rest at playing video games. Packed with illustrations, photographs, anecdotes, and insider tips, this complete compendium includes everything Tyler "Ninja" Blevins wishes he knew before he got serious about gaming. Here's how to: -Build a gaming PC -Practice with purpose -Develop strategy -Improve your game sense -Pull together the right team -Stream with skill -Form a community online -And much more. Video games come and go, but Ninja's lessons are timeless. Pay attention to them and you'll find that you're never really starting over when the next big game launches. Who knows--you may even beat him one day. As he says, that's up to you.

Pandora's Lab

An empty nest does not have to be an empty life. Judy Holland shows you how to get back in touch with yourself, your partner, your life, AND your kids when the house is less-populated. The transition to the empty nest creates a void that can catapult you into existential crisis. Your zeal for climbing the career ladder, striving for social status, and collecting material things starts to subside, as is common in middle age. Friends and relatives may suffer from illness or pass away, bringing jarring reminders of mortality that trigger a need to make sense of it all. HappiNest helps you traverse this passage with grace by distilling the latest social science research and drawing from hundreds of interviews with those who have gone before you. Whether you're seeking a renaissance in your romantic relationship, dealing with a boomerang child at home, or figuring out how to support aging parents, this book is for you. HappiNest explores a variety of challenges that arise when the house is suddenly empty or emptying, and Judy Holland provides tips and tools for managing the emotions and realities of this new life stage. From dealing with friends, career transitions, rekindling love or leaving a marriage, to reconnecting with genuine interests and passions, this road map will help guide you. There are hills, valleys, thickets, briar patches, and ditches ahead, as well as waterfalls that resolve into pristine ponds. With mindfulness, hard work, and knowledge of experiences, research, and wisdom from seasoned empty nesters, you can create the most golden phase of your life.

Getting Risk Right

Paul A. Offit shares hard-earned wisdom on the dos and don'ts of battling misinformation. From

File Type PDF Bad Advice Or Why Celebrities Politicians And Activists Arent Your Best Source Of Health Information

conspiracy theories linking vaccines to autism to Holocaust and climate-change denial. Bad Advice is a humorous guide to taking on quack experts and self-appointed activists and a must-read for any American disturbed by politicized attacks on science.

Controversial Therapies for Autism and Intellectual Disabilities

A Publisher's Weekly Best Book of 2018 A straightforward appraisal of why health myths exist, dispelling many of them, and teaching readers how to navigate the labyrinth of health advice and the science and misinformation behind it. Hype is Dr. Nina Shapiro's engaging and informative look at the real science behind our most common beliefs and assumptions in the health sphere. There is a lot of misinformation thrown around these days, especially online. Headlines tell us to do this, not that—all in the name of living longer, better, thinner, younger. Dr. Shapiro wants to distinguish between the falsehoods and the evidence-backed truth. In her work at Harvard and UCLA, with more than twenty years of experience in both clinical and academic medicine, she helps patients make important health decisions every day. She's bringing those lessons to life here with a blend of personal storytelling and science to discuss her dramatic new definition of “ a healthy life. ” Hype covers everything from exercise to supplements, alternative medicine to vaccines, and medical testing to media coverage. Shapiro tackles popular misconceptions such as toxic sugar and the importance of drinking eight glasses of water a day. She provides simple solutions anyone can implement, such as drinking 2% milk instead of fat free and using SPF 30 sunscreen instead of SPF 100. This book is as much for single individuals in the prime of their lives as it is for parents with young children and the elderly. Never has there been a greater need for this reassuring, and scientifically backed reality check.

Vaccinated

A renowned researcher vigorously challenges the anti-vaccine movement in this powerful defense of science in the face of fear.

Bad Advice

When Jesus said, “ Suffer the children, ” faith healing is not what he had in mind

Autism's False Prophets

A guide to all kinds of addiction from a star who has struggled with heroin, alcohol, sex, fame, food and eBay, that will help addicts and their loved ones make the first steps into recovery “ This manual for self-realization comes not from a mountain but from the mud My qualification is not that I am better than you but I am worse. ” —Russell Brand With a rare mix of honesty, humor, and compassion, comedian and movie star Russell Brand mines his own wild story and shares the advice and wisdom he has gained through his fourteen years of recovery. Brand speaks to those suffering along the full spectrum of addiction—from drugs, alcohol, caffeine, and sugar addictions to addictions to work, stress, bad relationships, digital media, and fame. Brand understands that addiction can take many shapes and sizes and how the process of staying clean, sane, and unhooked is a daily activity. He believes that the question is not “ Why are you addicted? ” but “What pain is your addiction masking? Why are you running—into the wrong job, the wrong life, the wrong person ’ s arms?” Russell has been in all the twelve-step fellowships going, he ’ s started his own men ’ s group, he ’ s a therapy regular and a practiced yogi—and while he ’ s worked on this material as part of his comedy and previous bestsellers, he ’ s never before shared the tools that really took him out of it, that keep him clean and clear. Here he provides not only a recovery plan, but an attempt to make sense of the ailing world.

Bad Faith

As a new generation of activists demands an end to racism, *A Place to Land* reflects on Martin Luther King, Jr.'s "I Have a Dream" speech and the movement that it galvanized. Winner of the Orbis Pictus Award for Outstanding Nonfiction for Children Selected for the Texas Bluebonnet Master List Much has been written about Martin Luther King, Jr. and the 1963 March on Washington. But there's little on his legendary speech and how he came to write it. Martin Luther King, Jr. was once asked if the hardest part of preaching was knowing where to begin. No, he said. The hardest part is knowing where to end. "It's terrible to be circling up there without a place to land." Finding this place to land was what Martin Luther King, Jr. struggled with, alongside advisors and fellow speech writers, in the Willard Hotel the night before the March on Washington, where he gave his historic "I Have a Dream" speech. But those famous words were never intended to be heard on that day, not even written down for that day, not even once. Barry Wittenstein teams up with legendary illustrator Jerry Pinkney to tell the story of how, against all odds, Martin found his place to land. An ALA Notable Children's Book A Capitol Choices Noteworthy Title Nominated for an NAACP Image Award A Bank Street Best Book of the Year A Notable Social Studies Trade Book for Young People A Booklist Editors' Choice Named a Best Book of the Year by Publishers Weekly, Kirkus Reviews, and School Library Journal Selected for the CBC Champions of Change Showcase

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