

# Download The Vitamin Pushers Consumer Health Library

The Vitamin Pushers (Consumer Health Library) [Stephan J. Barrett] on Amazon.com. \*FREE\* shipping on qualifying offers. Drs. Barrett and Herbert present a detailed and comprehensive picture of the multibillion-dollar health-food industry and counter the phony assertions of health-food hucksters with reliable information. Get this from a library! The vitamin pushers : how the . Home. WorldCat Home About WorldCat Help. Search. Search for Library Items Search for Lists Search for Contacts Search for a Library. Create lists, bibliographies and reviews: or Search WorldCat. Find items in libraries near you ... # Consumer health library. ...The Vitamin Pushers: How the "Health Food" Industry Is Selling Americans a Bill of Goods. Stephen Barrett, M.D. Victor Herbert, M.D., J.D. Contents Foreword by Gabe Mirkin, M.D., vii Preface, ix Acknowledgments, x About the Authors, xi Important Definitions, xii 1 Some Simple Truths about Nutrition, 1 Typical "stress formula" vitamin products contain 10 or more times the RDA for vitamin C and for several of the B vitamins. While some vitamin promoters refer only to physical stresses, others include mental stress, overwork, and the like. Some make no health claims at all, but rely on the word stress in the product's name to sell it.