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"Lore of Nutrition: Challenging Conventional Dietary Beliefs" by Tim Noakes and Marika Sboros is quite possibly the most important book about nutrition that has ever been written! It should be required reading for all doctors, dietitians, nutritionists, and anyone who has struggled with obesity or other chronic diseases (Cancer, Type 2 diabetes, fatty liver, Alzthemiers, leaky gut, IBS, PCOS ...

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Lore of Nutrition reads like a real-life John Grisham novel. Our hero, Tim Noakes stumbles into the path of the wrecking ball of nutrition orthodoxy by learning new facts and changing his mind. He shares his new knowledge, and for that act of public service, the

nutrition elite cabal of South Africa decide he must be annihilated.

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