



# Misguided Medicine: The truth behind ill-advised medical recommendations and how to take health back into your hands

*Colin E. Champ M.D.*

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## **Misguided Medicine: The truth behind ill-advised medical recommendations and how to take health back into your hands** Colin E. Champ M.D.

Are you confused as to why the foods and actions of your parents and grandparents are now considered unhealthy, yet they lived in health to an old age? Are you tired of being told that pills, as opposed to diet, exercise, and lifestyle provide you with health? Perhaps your confusion is insight into the many issues with current medical recommendations that often take you out of the picture when it comes to your health. Perhaps it is time to take your health back into your hands. This book is aimed to provide the reader with tangible health goals by taking a focused look at daily health and lifestyle habits through evidence-based medicine. Misguided Medicine is meant to be a manageable reference for both medical professionals and the casual reader.

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