



Eat, Drink, & Be Merry: America's Doctor Tells You Why the Health Experts are Wrong

Dean; Schrieberg, David Edell

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Eat, Drink, & Be Merry: America's Doctor Tells You Why the Health Experts are Wrong Dean; Schrieberg, David Edell

“Help me, Dr. Dean! I want to be healthy, but I just don't know where to turn for advice.”

No wonder. How often have you felt whipsawed by the experts, confused by conflicting advice, or torn with guilt over what you eat, drink, think?

Prepare yourself for a shock: You can enjoy life and still be healthy.

Chill out. You can eat certain fat laden foods, exercise far less than you thought and in ways you never imagined, enjoy sex, and even some mood-altering substances in moderation, and do a world of good for your body and mind.

In *Eat, Drink, & Be Merry*, Dr. Dean Edell exposes the sloppy, irresponsible, and dangerous health reporting that is the daily fodder of newspapers, talk shows, and TV news segments. Dr. Dean tells you what has been scientifically proven and what has not. Seasoned, frank, funny, and compassionate, Dr. Dean is an iconoclast who takes on the medical establishment, the health-and-fitness industry, and the media with equal gusto.

In *Eat, Drink, & Be Merry* he offers you the truth about healthy living. And there will be many surprises along the way. For instance, did you know that. . .

- Some canned and frozen foods can be more nutritious than fresh?
- The mind can be powerful enough to control when you die?
- Sex can cure headaches?

Read by Dr. Edell on two cassettes.

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Princess Bequette:

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