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Weight? Hi, Fat:

Challenging Carbs, Brain-
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\u0026 Reversing

Diabetes || #114 ft. Prof.

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~~of 1 to 10~~ the Silent

Epidemic [FULL FILM]

\\"The Case Against

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Investigative Science

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About Weight
explore why diets don ' t
work and alternative
paths to better health for
people of all shapes.

Using peer-reviewed
evidence, common
sense, and a solid
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science and social justice theory, the authors debunk Obesity Myths and outline the key processes – in our bodies, the sciences, and society – affecting our diet and health as individuals and as a community.

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Dr. Linda Bacon and Dr.

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Lucy Aphramor ' s Body

Respect debunks
common myths about
weight, including the

misconceptions that BMI

can accurately measure
health, that fatness
necessarily leads to

disease, and that dieting

will improve health. They

also help make sense of

how poverty and

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racism, homophobia,

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and classism—affect life opportunity, self-worth, and even influence metabolism.

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can accurately measure health, that fatness necessarily leads to disease, and that dieting will improve health. They also help make sense of how poverty and oppression - such as racism, homophobia, and classism - affect life opportunity, self-worth, and even influence metabolism.

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have written the rare self-
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personal decisions about

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how to care for ourselves
in the larger context of
the world's unequal
opportunities, judgment,
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