

## Lore Of Nutrition Challenging Conventional Dietary Beliefs

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In Lore of Nutrition, he explains the science behind the low-carb, high-fat/Banting diet, and why he champions this lifestyle despite the

constant persecution and efforts to silence him. He also discusses at length what he has come to see as a medical and scientific code of silence

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In December 2010, Professor Tim Noakes was introduced to a way of eating that was contrary to everything he had been taught and was accepted

as conventional nutrition 'wisdom'. Having observed the benefits of the low-carb, high-fat lifestyle first-hand, and after thorough and intensive research, Noakes enthusiastically revealed his findings to the South African public in 2012.

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[Full Book Name: Lore of Nutrition: Challenging conventional dietary beliefs; Author Name: Tim Noakes; Book Genre: Food, Food and Drink,](#)

[Health, Nonfiction, Nutrition, Science, Sports; ISBN # B076P8N9VH; Date of Publication: — PDF / EPUB File Name:](#)

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[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](#)

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