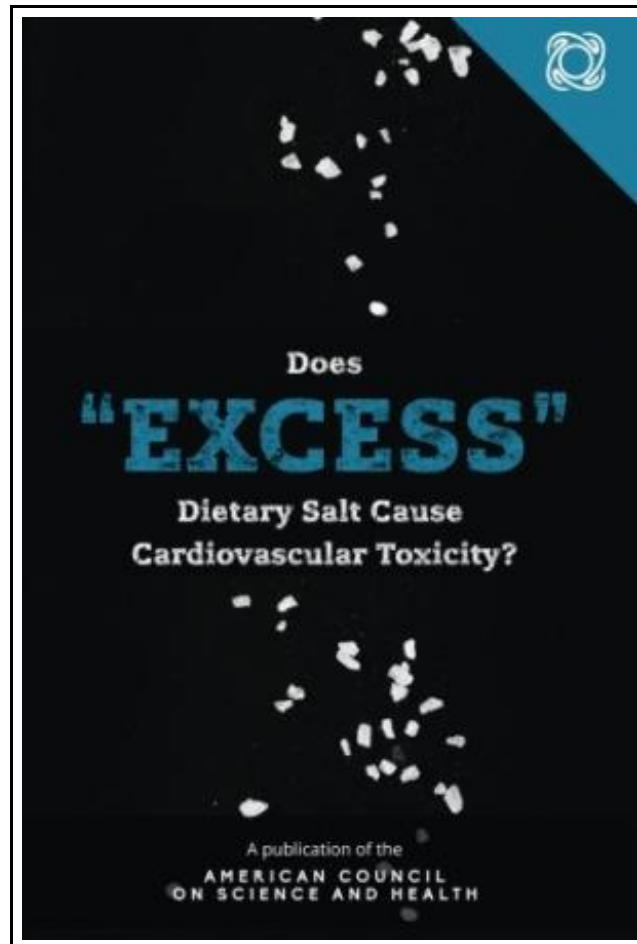


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American Council on Science and Health, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Salt is essential to human health but it has also been a topic of concern for the American Heart Association and the National Institutes of Health, who advise dramatic restrictions in some medical patients and restrictions across the board, even for healthy people. Yet their recommendations are based on inconsistent data that match diaries recalling food intake with health outcomes and they ignore studies defying it. It is a case where nutritional ideology has pushed out the science consensus, and ignores individual responses to salt. In *Does Excess Dietary Salt Cause Cardiovascular Toxicity?*, Lila Abassi separates real science from shaky epidemiology and tells us why it is probably okay to enjoy your food again. The American Council on Science and Health is a consumer education consortium concerned with issues related to food, nutrition, chemicals, pharmaceuticals, lifestyle, the environment and health. It was founded in 1978 by a group of scientists concerned that many important public policies related to health and the environment did not have a sound scientific basis. These scientists created the organization to add reason and balance to debates about public health issues and bring common sense views to the public.



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