



Understanding Our Epidemic: And Changes in the Food Industry Which Could Be Making You Sick!

Sylvia LeDoux

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Sylvia LeDoux's *Understanding Our Epidemic* is the result of her lifelong study of how the food we eat contributes to the physical and psychological diseases that have become epidemic in the United States. With brilliant illustrations, she describes the complex workings of the digestive and immune systems and why food intolerances often go undiagnosed in the medical professions.

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