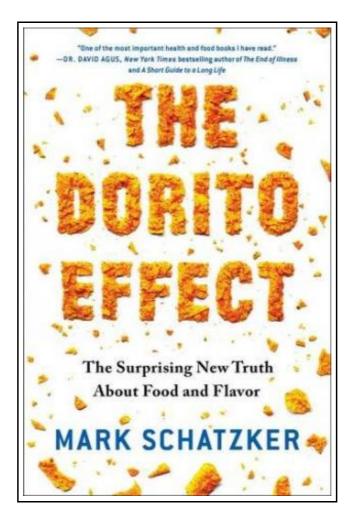
# The Dorito Effect: The Surprising New Truth About Food and Flavor



Filesize: 3.84 MB

# Reviews

This written publication is wonderful. It is probably the most incredible publication i actually have read through. Its been written in an extremely basic way in fact it is merely following i finished reading this publication where basically transformed me, alter the way i believe.

(Adan Fritsch)

# THE DORITO EFFECT: THE SURPRISING NEW TRUTH ABOUT FOOD AND FLAVOR



SIMON SCHUSTER, United States, 2016. Paperback. Book Condition: New. Reprint. 212 x 139 mm. Language: English . Brand New Book. A lively argument from award-winning journalist proving the key to reversing health crisis lies in the overlooked link between nutrition and flavour: The Dorito Effect is one of the most important health and food books I have read (Dr. David B. Agus, New York Times bestselling author). We are in the grip of a food crisis. Obesity has become a leading cause of preventable death, after only smoking. For nearly half a century we ve been trying to pin the blame somewhere, fat, carbs, sugar, wheat, high-fructose corn syrup. But that search has been in vain, because the food problem that s killing us is not a nutrient problem. It s a behavioural problem, and it s caused by the changing flavour of the food we eat. Ever since the 1940s, with the rise of industrialized food production, we have been gradually leeching the taste out of what we grow. Simultaneously, we have taken great leaps forward in technology, creating a flavour industry, worth billions annually; in an attempt to put back the tastes we ve engineered out of our food. The result is a cuisine that increasingly resembles the paragon of flavour manipulation: Doritos. As food becomes increasingly bland, we dress it up with calories and flavour chemicals to make it delicious again. We have rewired our palates and our brains, and the results are making us sick and killing us. With in-depth historical and scientific research, The Dorito Effect casts the food crisis in a fascinating new light, weaving an enthralling tale of how we got to this point and where we are headed.



Read The Dorito Effect: The Surprising New Truth About Food and Flavor Online
Download PDF The Dorito Effect: The Surprising New Truth About Food and Flavor

## See Also



Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203  $\times$  135 mm. Language: English . Brand New Book. An international bestseller, Barbara Coloroso s groundbreaking and trusted guide on bullying-including cyberbullying-arms parents...

Read Document »



#### ESL Stories for Preschool: Book 1

Createspace, United States, 2013. Paperback. Book Condition: New. 212 x 210 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. A big attractive colourful book for ESL beginners, aged 3 to 5. It...

Read Document »



# THE Key to My Children Series: Evan s Eyebrows Say Yes

AUTHORHOUSE, United States, 2006. Paperback. Book Condition: New. 274 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.THE KEY TO MY CHILDREN SERIES: EVAN S EYEBROWS SAY YES is about...

Read Document »



#### Odd, Weird Little

Egmont USA, United States, 2015. Paperback. Book Condition: New. Reprint. 190 x 132 mm. Language: English . Brand New Book. New in paperback! \* At last: a humorous, useful and pedantry-free book about bullying! --...

Read Document »



## You Wrong for That

Time Warner Trade Publishing, United States, 2006. Paperback. Book Condition: New. Reprint. 168 x 106 mm. Language: English. Brand New Book. After leaving her cheating husband, Rhea thinks shell be alone forever. Then,...

Read Document »