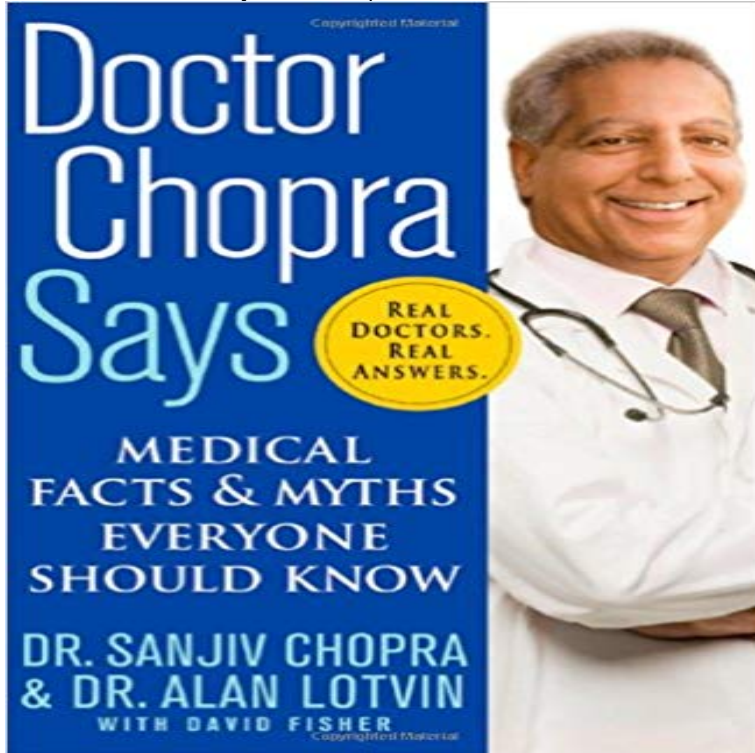


Doctor Chopra Says: Medical Facts and Myths Everyone Should Know



WEVE ALL SEEN THE HEADLINES: The Pill That Can Prevent Cancer! A Guaranteed Way To Avoid Alzheimers Disease! The Food That Lowers Bad Cholesterol! BUT WHAT SHOULD WE BELIEVE? ONCE UPON A TIME, maintaining your health seemed relatively simple. But today were barraged by a never-ending array of conflicting medical advice. Its all terribly confusing, and most of us arent sure what news we can trust and what we can ignore. Doctor Chopra Says offers a solution that will help you make the right decisions for your health. In this groundbreaking book, Dr. Sanjiv Chopra teams up with renowned cardiologist Dr. Alan Lotvin to give you the most cutting-edge medical research available. Doctor Chopra Says explains how you can tell the difference between true medical news and irrelevant media hype, covering such vital topics as: Is wine the best medicine? Which cancer screening methods are effective? Is there a best diet for you? What one vitamin should everyone be taking? (And why you can throw away all the rest.) Are statins the new miracle drug? Filled with authoritative advice from many of the top medical experts in their respective fields, Doctor Chopra Says gives you the tools you need to lead a healthier, happier, and longer life. The media MYTHS, the medical FACTS, and health ESSENTIALS revealed ... MYTH: Megadoses of vitamin E might stave off some cancers, Alzheimers Disease, macular degeneration, and other serious health problems. FACT: Taken regularly over a long period of time, vitamin E supplements of more than 450 mg can be extremely dangerous. MYTH: Drinking too much coffee has been linked to health problems, including heart attacks, birth defects, pancreatic cancer, osteoporosis, and miscarriages. FACT: People who drink coffee have significantly reduced their chance of developing liver

cancer.MYTH: Vaccines may cause extremely serious health problems, including autism.FACT: There is absolutely no evidence of a link between vaccines and autism.MYTH: People can get enough vitamin D3 from exposure to the sun for fifteen minutes a day.FACT: During the winter, people living north of about 35° latitude cannot get the necessary UV light from the sun.

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