

Part 4, Chapter 32: Details and Reference Material: Health Trends, Toxic Products and Chemicals

In this part I'll get into more detailed information on a number of subjects. Consider this a reference section. The following subjects are covered in significant detail. These topics include the following:

- Five Disturbing Health Trends (chapter 33)
- The True Cost of Living on a Standard American Diet (chapter 34)
- Aspartame (chapter 35)
- Hydrogenated Oil (chapter 36)
- Trans fat and Margarine (chapter 37)
- Olestra, Palm and Cottonseed Oil (chapter 38)
- Table Salt (chapter 39)
- Caffeine (chapter 40)
- Soft Drinks (chapter 41)
- Fast Food, Especially Fried Fast Food (chapter 42)
- Processed Sugar (chapter 43)
- Stevia, an Actually Healthy Sweetener, Sort Of (chapter 44)
- High Fructose Corn Syrup (chapter 45)
- Processed Flour and Gluten (chapter 46)
- Processed Snack Foods (chapter 47)
- MSG (chapter 48)

In part 5 is the other half of this reference section. I've broken it down into a separate section in part because the majority of the information is based on John Robbins' book "Diet for a New America 25th Anniversary Edition". This section is focused on a different category of information than is the rest of this book: Animals and animal products.

- Overview of Animal Products (chapter 49)
- All God's Creatures (chapter 50)
- Chickens (chapter 51)
- Pigs (Pork) (chapter 52)
- Cows (chapter 53)
- Milk in Particular (chapter 54)
- Meat Processing (chapter 55)
- Eggs and Cholesterol (chapter 56)
- Health Issues Related to Animal Products (chapter 57)