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*Nina Teicholz at  
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**Big Fat**

**Nutrition Policy**

**| Nina Teicholz**

*Featuring Nina  
Teicholz,*

*Author, The Big  
Fat Surprise*

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The Big FAT

Surprise - Nina

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Teicholz's Book  
\u0026amp; the JACC  
Article **The Big  
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Worst of the Fat  
Industry: Nina  
Teicholz \ "Big  
Fat Surprise\ "

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Michael Shermer  
with Nina  
Teicholz – The  
Big Fat Surprise  
About Diet and  
Nutrition (#32)

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Nina Teicholz: A  
Big Fat

Surprise! Why I  
Eat Saturated  
Fat \u0026

Exercise Less

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'Dietary

Guidelines

\u0026

Scientific

Evidence'

**Lydia's Review**

**of 'The Big Fat**

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**Surprise' by  
Nina Teicholz**

~~Nina Teicholz—  
Big Pharma Are  
Not Profiting If  
You Are Getting  
Well | Fat  
& Furious  
Ep7 Challenging  
conventional  
wisdom with The  
Big Fat Surprise  
—Nina Teicholz  
#165 A Common~~

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*Keto Fat*

*Ingredient That*

*Will Stop Keto*

*How to Start*

*Keto Correctly*

**Why You Should**

**Avoid Vegetable**

**Oils Doctors**

~~React to~~

~~Controversial~~

~~Cosmo Cover The~~

*Harsh Reality Of*

*Being 800 Pounds*

| *Doctor Reacts*



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*Healthy, Meat and  
The Science and  
Politics of  
Nutrition 1*

*Doctor's Pharmacy  
with Dr. Mark  
Hyman EP2 Nina  
Teicholz -*

*'Vegetable Oils:  
The Unknown  
Story'*

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*What Really  
Happens When We  
Fast?*

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Why The US

Dietary

Guidelines Don't

Apply to 90% Of

Americans And

How They Can

Nina Teicholz

Big Fat

Surprise: Just

recycled Atkins

Diet Episode #58

Nina Teicholz -

Big Fat

Surprise: Why

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Butter, Meat and  
Cheese Belong in  
a Healthy Diet

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The Big Fat  
Surprise: Why  
Butter, Meat and  
Cheese Belong in  
a Healthy Diet  
(\u0026amp; What  
They Don't...

*FRAUDULENT*

*Nutrition*

*Guidelines? Nina*

*Teicholz \u0026amp;*

*Page 11/36*

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*Dr. Berry Reveal*  
The Surprising  
Reason People  
are Overweight,  
with Dr. Robert  
Lustig - TBWWP  
What Our  
Government  
Thinks We Should  
Eat - with Nina  
Teicholz | The  
Empowering  
Neurologist EP.  
121 ~~Who Are the~~

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~~Best and Worst  
Diabetes~~

~~Doctors? Why  
chicken is~~

~~killing you, and  
saturated fat is  
a health food,  
with Nina~~

~~Teicholz **Big Fat  
Surprise Er  
Healthy**~~

Back for another  
helping, the  
Healthy Fats

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Coalition (HFC  
... food lover  
Malcolm Gladwell  
has tweeted,  
"Fat is the soul  
of flavor,"  
wrote Nina  
Teicholz in her  
groundbreaking  
book, Big Fat  
Surprise ...

**In Latest Paean  
to Tasty Fries,**

*Page 14/36*

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**Healthy Fats  
Coalition**

**Celebrates July  
13 as Fourth  
Annual #National  
BeefTallowDay**

Liz Jones, 62,  
used to be  
obsessed with  
maintaining a  
weight of eight  
and a half  
stone. She spent  
the day as a fat

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Healthy person to see if she can finally beat her own prejudices.

At 62, I'm used to being invisible, but being obese is a million times worse: She's always obsessed about being thin. Now, LIZ



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**JONES** dons an  
'empathy suit'  
to confront ...

Five-year-old  
Scarlett's  
asthma attacks  
were already  
landing her in  
the ER or urgent  
care every few  
months ...

quickly and  
masked up often  
to keep Scarlett

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Healthy. The  
ensuing months,  
to everyone's  
...

## **The Pandemic Drove Asthma Attacks Way Down—Why?**

While the other  
dishes may be  
just as well-  
crafted, they  
don't hit us

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with that same  
element of  
surprise ... To  
this, I added  
sausage and a  
healthy amount  
of shiitake  
mushrooms  
sautéed with ...

**There's an app  
for that: 5  
recipes that  
prove that**

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**Healthy**  
**appetizers can**  
**be better than**  
**the meal itself**

Kids have a reputation for being picky because they are: one day, a certain meal might be their favorite food ever, and the next day, it's the most

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disgusting thing  
they've ever  
seen. Finding  
options ...

## **The 13 Most Unhealthy Kids Foods**

Unsuspecting  
athletes being  
wheeled into the  
ER ... fat  
levels. Winsol  
is a selected

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blend of fat  
burners,  
cognitive  
performance  
boosters, RBC  
producing  
compounds,  
vitamins,  
minerals and  
healthy ...

**The 5 Best Legal  
Steroids For  
Sale In 2021**

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Healthy  
As rural  
hospitals close,  
small towns in  
communities  
throughout  
central  
Appalachia grasp  
for creative  
solutions.

**As Appalachian  
hospitals  
disappear, rural  
Americans**

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**grapple with  
limited care**

By the time  
former Bristol  
Myers Squibb CSO  
Tom Lynch  
stepped in to  
run the Fred  
Hutch Cancer  
Research Center  
last year, both  
the potential  
and limits of  
the institute's



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preclinical  
research had ...

**Tom Lynch moves  
to restructure  
Fred Hutch as  
academia, indus-  
try continue to  
push cell thera-  
py solid tumors**

I bought into an  
e-tail giant, a  
fast-growing  
beverage maker,

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Healthy and a surprising  
ocean-  
transportation  
specialist in  
June.

**3 Stocks I  
Bought Last  
Month**

Hear firsthand  
accounts from  
moms and dads  
who went through  
quite a bit

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Healthy during the birth process. Stitch brings you heartwarming stories from a community just like yours. It celebrates our hometown ...

**Remarkable birth stories sure to make you thank your own parents**

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"To their great  
surprise,  
someone would  
arrive in the  
enclosure ...

"After she lays  
the egg, the  
male is the one  
who protects it  
with a roll of  
fat for three  
months in  
Antarctica as he  
waits ...

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**Taronga Zoo  
expert says  
fathers can  
learn from their  
counterparts in  
the animal  
kingdom**

Welcome to July  
and a brand-new  
month of Dream  
Big challenges  
... The first  
step? Here's a

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Healthy: Boost  
your caloric  
intake. Yes, you  
read that right.  
We're not saying  
nosh like  
Michael ...

## **Dream Big—and Get There This Month**

That is because  
Tiger Sharks are  
stealth feeders

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Healthy and they like to surprise their prey so if you make ... a few days so the shark can continue to feed. The big sharks feed on sea creatures with a high ...

**LILLEY: Meet  
niuhi the Tiger**

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To the surprise of public health experts, asthma attacks appear to have dropped significantly in many places hit by the pandemic, contrary to the conventional wisdom that asthma and COVID-19 will



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## **Drop seen in asthma attacks in pandemic**

"Knowing that the oil can be consumed without bitterness or stinging sensation might increase the popularity of this healthy

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Healthy. "This  
was a big  
surprise to us,"  
said coauthor  
Gary Beauchamp  
...

**Food protein can  
eliminate  
pungency and  
bitterness of  
extra virgin  
olive oil**

It's no surprise

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Verlander was the person who called ... where "everybody was in awe" of Verlander's supremacy. The big righty recorded a 3.75 ERA in his first seven starts.

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