



Iron and Your Health: Facts and Fallacies

Thomas F. Emery

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This book examines health problems ranging from heart attacks to cancer that may be associated with excess dietary iron. Much of the material is quite controversial and challenges current dogma practiced by physicians and nutritionists. The book relays important, although little known facts about iron metabolism and encourages its readers to carefully examine their beliefs concerning the benefits of routine dietary iron supplementation. Topics include iron overload, iron and infection, iron and milk, folkloric iron, and heart attacks and cancer.

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