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January 22, 2018 by
Noakes Tim (Author),
Marika Sboros (Author)
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like a real-life John Grisham novel. Our hero, Tim Noakes stumbles into the path of the wrecking ball of nutrition orthodoxy by learning new facts and changing his mind. He shares his new knowledge, and for that act of public service, the nutrition elite cabal of South Africa decide he must be annihilated.

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In Lore of Nutrition, he explains the science behind the low-carb, high-fat/Banting diet, and why he champions this lifestyle despite the constant persecution and efforts to silence him.

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beliefs. [Timothy
Noakes; Marika Sboros]
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and was accepted as
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Limited preview - 2017
About the author
(2018) Prof. Tim
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more than 750
scientific books and
articles.

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The Lore of Nutrition is quite possibly the most important book about nutrition that has ever been written and should be required reading for all doctors, nutritionists, dietitians and anyone who has struggled with obesity or other chronic diseases.

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Book review: The Lore of Nutrition

Lore of Nutrition reads like a real-life John Grisham novel. Our hero, Tim Noakes stumbles into the path of the wrecking ball of nutrition orthodoxy by learning new facts and changing his mind. He shares his new knowledge, and for that act of public service, the nutrition elite cabal of South

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Lore Of Nutrition is co-authored by two South Africans; sports scientist Professor Tim Noakes and journalist Marika Sboros. In the preface, Professor Noakes summarizes his background as a doctor

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and scientist. And what
a distinguished career
it is. Of course, one
might wonder why he
has to recapitulate it in
such detail.

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