

# VITAMANIA

OUR OBSESSIVE QUEST FOR  
NUTRITIONAL PERFECTION



CATHERINE PRICE

# Vitamania Our Obsessive Quest For Nutritional Perfection

**Christopher Walsh, Yi Tang**



## **Vitamania Our Obsessive Quest For Nutritional Perfection:**

*Vitamania* Catherine Price, 2015-03-25 The startling story of our devotion to vitamins and how it keeps us from good health Health conscious Australians seek out vitamins any way they can whether in a morning glass of orange juice or a daily multivitamin We believe that vitamins are always beneficial and that the more we can get the better and yet despite this familiarity few of us could explain what vitamins actually are Instead we outsource our questions to experts and interpret vitamin as shorthand for health However despite a century of scientific research there is little consensus among experts around even the simplest of questions whether it s exactly how much we each require or what these 13 dietary chemicals actually do The one thing that they do agree upon is that the best way to get our nutrients is in the foods that naturally contain them But thanks to our love of processed foods whose natural vitamins and other chemicals have often been removed or destroyed this is exactly what most of us are not doing Instead we allow marketers to use the addition of synthetic vitamins to blind us to what else in food we might be missing leading us to accept products that we might and should otherwise reject From recounting the experiments of the great explorers to visiting military testing kitchens Catherine Price reveals the surprising story of how our embrace of vitamins led to today s Wild West of dietary supplements and investigates the complicated psychological relationship we ve developed with these mysterious chemicals In so doing she both demolishes many of our society s most cherished myths about nutrition and challenges us to re evaluate our own beliefs *Vitamania* won t just change the way you think about vitamins it will change the way you think about food PRAISE FOR CATHERINE PRICE A hidden many faceted and urgent story a commanding meticulously documented and riling expos rich in dramatic and absurd science and advertising history lively profiles and intrepid eyebrow raising fieldwork Booklist Absorbing and meticulously researched history of the beginnings and causes of our obsession with vitamins and nutrition The New York Times

*Vitamania* Catherine Price, 2016-04-12 In *Vitamania* award winning journalist Catherine Price takes readers on a lively journey through the past present and future of the mysterious micronutrients known as human vitamins an adventure that includes poison squads and political maneuvering irradiated sheep grease and smuggled rats Part history part science part personal exploration Price s witty and engaging book reveals how vitamins have profoundly shaped our attitudes toward eating and investigates the emerging science of how what we eat might affect our offspring for generations to come

AMAZON *Vitamania* Catherine Price, 2015-02-24 An absorbing and meticulously researched history of the beginnings and causes of our obsession with vitamins and nutrition The New York Times Most of us know nothing about vitamins What s more what we think we know is harming both our personal nutrition and our national health By focusing on vitamins at the expense of everything else we ve become blind to the bigger picture despite our belief that vitamins are an absolute good and the more of them the better vitamins are actually small and surprisingly mysterious pieces of a much larger nutritional puzzle In *Vitamania* award winning journalist Catherine Price offers a lucid and lively journey through our cherished yet misguided

beliefs about vitamins and reveals a straightforward blessedly anxiety free path to enjoyable eating and good health When vitamins were discovered a mere century ago they changed the destiny of the human species by preventing and curing many terrifying diseases Yet it wasn't long before vitamins spread from labs of scientists into the realm of food marketers and began to take on a life of their own The era of vitaminia as one 1940s journalist called it had begun Though we've gained much from our embrace of vitamins what we've lost is a crucial sense of perspective By buying into a century of hype and advertising we have accepted the false idea that particular dietary chemicals can be used as shortcuts to health whether they be antioxidants or omega 3s or yes vitamins And it's our vitamin inspired desire for effortless shortcuts that created today's dietary supplement industry a veritable Wild West of overpromising miracle substances that can be legally sold without any proof that they are effective or safe Price's travels to vitamin manufacturers and food laboratories and military testing kitchens along with her deep dive into the history of nutritional science provide a witty and dynamic narrative arc that binds Vitaminia together The result is a page turning exploration of the history science hype and future of nutrition And her ultimate message is both inspiring and straightforward given all that we don't know about vitamins and nutrition the best way to decide what to eat is to stop obsessing and simply embrace this uncertainty head on Praise for Vitaminia Measured funny and fascinating The only thing that Catherine Price is selling here is good reporting engaging storytelling and more than you thought you could possibly learn about vitamins If you need vitamins to survive you do you should read this book Scientific American *Food Intelligence* Julia Belluz, Kevin Hall, PhD, 2025-09-23 Food Intelligence dispels many popular myths we have about weight loss and breaks down the real drivers of the obesity crisis based on decades of research I really hope everyone gets a chance to read this book Sanjay Gupta MD Chief Medical Correspondent at CNN and host of Chasing Life The essential guide for understanding what you're eating and the forces that are driving you to eat it Nutrition isn't rocket science it's harder There are new diet fads bold claims about superfoods and articles promising the secrets to lasting weight loss and longevity The more expert advice we hear about diet the less clarity we have about what to eat In Food Intelligence award winning health journalist Julia Belluz and internationally renowned nutrition and metabolism scientist Kevin Hall cut through the myths about nutrition to deliver a comprehensive book on food diet metabolism and healthy eating Breaking food down into its constituent parts Food Intelligence reveals The real science behind how protein fat carbs and vitamins impact our bodies The wonders of metabolism The latest theories about blood sugar trackers and ultra processed foods How our food environment shapes our eating behaviors and the food choices we make every day How diseases like obesity and type 2 diabetes are not a result of a failure of will power they are consequences of food systems working as designed Humane and deeply reported this journey into the science of what we eat will equip you with the food intelligence you need to better understand what's on your dinner plate how it got there and why you eat it [Revive D.](#) McCants-Reed, 2018-11-28 The book tells a compelling story of the author's health struggles and presents a wellness plan

that lays the foundation to a healthy invigorating lifestyle It outlines a daily step by step guide to nutrition fitness beauty and spiritual growth Based in biblical principles this book unfolds the seven mental secrets to vibrant health and the keys to your health wellness and longevity This book is a manual of essential skills and everyday habits that anyone can use to practice and fuel a healthy lifestyle

**Eating the Ocean** Brian Payne,2022-12-02 During the first half of the twentieth century Canadian fisheries regularly produced more fish than markets could absorb driving down profits and wages To address this both industry and government sought to stimulate domestic consumption via increased advertising In *Eating the Ocean* Brian Payne explores how government funded marketing called upon Canadian housewives to prepare more seafood meals to improve family health and aid an industry central to Canadian identity and heritage The goal was first to make seafood a central element of a wholesome diet as a solution to a perceived nutritional crisis and second to aid industry recovery and growth while decreasing Canadian fisheries dependency on foreign markets But fishery managers and policymakers fundamentally miscalculated consumer demand wrongly assuming that Canadians could and would eat more seafood Fisheries continued to extract more fish than the environment and the market could sustain and the collapse of the nation s fisheries that we are now seeing has as much to do with failed assessments of market demand as it does with faulty extraction practices Using internal communications between industry leaders and Ottawa bureaucrats as well as advertising and promotional material published in the nation s leading magazines national and local newspapers and radio programming *Eating the Ocean* traces the flawed understanding of not only supply but demand a misguided gamble that caused fisheries to become the most mismanaged resource economy in early twentieth century Canada

*If Our Bodies Could Talk* James Hamblin,2017-12-12 If you want to understand the strange workings of the human body and the future of medicine you must read this illuminating engaging book Siddhartha Mukherjee author of *The Gene* In 2014 James Hamblin launched a series of videos for *The Atlantic* called *If Our Bodies Could Talk* With it the doctor turned journalist established himself as a seriously entertaining authority in the field of health Now in illuminating and genuinely funny prose Hamblin explores the human stories behind health questions that never seem to go away and which tend to be mischaracterized and oversimplified by marketing and news media He covers topics such as sleep aging diet and much more Can I boost my immune system Does caffeine make me live longer Do we still not know if cell phones cause cancer How much sleep do I actually need Is there any harm in taking a multivitamin Is life long enough In considering these questions Hamblin draws from his own medical training as well from hundreds of interviews with distinguished scientists and medical practitioners He translates the traditionally boring textbook of human anatomy and physiology into accessible engaging socially contextualized up to the moment answers They offer clarity examine the limits of our certainty and ultimately help readers worry less about things that don t really matter *If Our Bodies Could Talk* is a comprehensive illustrated guide that entertains and educates in equal doses

**On an Empty Stomach** Tom Scott-Smith,2020-04-15 *On an Empty Stomach* examines the practical techniques

humanitarians have used to manage and measure starvation from Victorian scientific soup kitchens to space age high protein foods Tracing the evolution of these techniques since the start of the nineteenth century Tom Scott Smith argues that humanitarianism is not a simple story of progress and improvement but rather is profoundly shaped by sociopolitical conditions Aid is often presented as an apolitical and technical project but the way humanitarians conceive and tackle human needs has always been deeply influenced by culture politics and society These influences extend down to the most detailed mechanisms for measuring malnutrition and providing sustenance As Scott Smith shows over the past century the humanitarian approach to hunger has redefined food as nutrients and hunger as a medical condition Aid has become more individualized medicalized and rationalized shaped by modernism in bureaucracy commerce and food technology On an Empty Stomach focuses on the gains and losses that result examining the complex compromises that arise between efficiency of distribution and quality of care Scott Smith concludes that humanitarian groups have developed an approach to the empty stomach that is dependent on compact commercially produced devices and is often paternalistic and culturally insensitive

*Your Vitamins are Obsolete: The Vitamer Revolution: A Program for Healthy Living and Healthy Longevity* Sheldon Zablow, M.D., 2021-05-21 Did you know the synthetic B vitamins found in supplements cannot be absorbed well or easily converted into the bioactive forms our cells use Even other vitamins can't work well if there is not enough of the naturally occurring B forms called vitamers For example without B vitamers taking vitamin D won't prevent osteoporosis Learn how the naturally occurring vitamers DO work and why and start on your pathway to healthy living and longevity today

**Exploring American Healthcare through 50 Historic Treasures** Tegan Kehoe, 2022-02-15 Healthcare history is more than leeches and drilling holes in skulls It is stories of scientific failures and triumphs Exploring American Healthcare through 50 Historic Treasures presents a visual and narrative history of health and medicine in the United States tracing paradigm shifts such as the introduction of anesthesia the adoption of germ theory and advances in public health In this book museum artifacts are windows into both famous and ordinary people's experiences with healthcare throughout American history from patent medicines and faith healing to laboratory science With 50 vignette like chapters and 50 color photographs Exploring American Healthcare through 50 Historic Treasures showcases little known objects that illustrate the complexities of our relationship with health such as a bottle from the short period when the Schlitz beer company sold lager that was supposed to be high in vitamin D during the first vitamin craze It also highlights famous moments in medicine such as the discovery of penicillin as illustrated by a mold culturing pan Each artifact tells some piece of the story of how its creators or users approached fundamental questions in health Some of these questions are What causes sickness and what causes health and How much can everyone master the principles of health and how much do laypeople need to rely on outside authorities Exploring American Healthcare through 50 Historic Treasures describes the days when surgeons worked on patients without anesthesia and wiped their scalpels on their coats and the day that EMTs raced to provide help when the

Twin Towers were attacked in 2001 The book discusses social and cultural influences that have shaped healthcare providing insight relevant to today's problems and colorful anecdotes along the way

**The Gospel of Wellness** Rina Raphael, 2022-09-20 Next level revelatory Sarah Knight New York Times bestselling author of The Life Changing Magic of Not Giving a F ck Excellent Rina really knows her shit I'm so thankful for this book Jameela Jamil actress and host of I Weigh Journalist Rina Raphael looks at the explosion of the wellness industry how it stems from legitimate complaints how seductive marketing targets hopeful consumers and why women are opening up their wallets like never before Wellness promises women the one thing they desperately desire control Women are pursuing their health like never before Whether it's juicing biohacking clutching crystals or sipping collagen today there is something for everyone as the wellness industry has grown from modest roots into a \$4.4 trillion entity and a full blown movement promising health and vitality in the most fashionable package But why suddenly are we all feeling so unwell The truth is that deep within the underbelly of self care hidden beneath layers of clever marketing wellness beckons with a far stronger more seductive message than health alone It promises women the one thing they desperately desire control Vividly told and deeply reported The Gospel of Wellness reveals how this obsession is a direct result of women feeling dismissed mistreated and overburdened Women are told they can manage the chaos ruling their life by following a laid out plan eat right exercise meditate then buy or do all this stuff And while wellness may have sprung from good intentions we are now relentlessly flooded with exploitative offerings questionable ideas and a mounting pressure to stay devoted to the divine doctrine of wellness What happens when the cure becomes as bad as the disease With a critical eye humor and empathy wellness industry journalist Rina Raphael examines how women have been led down a kale covered path promising nothing short of salvation She knows Raphael was once a disciple herself trying everything from clean eating to electric shock workouts until her own awakening to the troubling consequences Balancing the good with the bad The Gospel of Wellness is a clear eyed exploration of what wellness can actually offer us knocking down the false idols and commandments that have taken hold and ultimately showing how we might shape a better future for the movement and for our well being

**Golden Rice** Ed Regis, 2019-10-08 The first book to tell the shocking story of Golden Rice a genetically modified grain that provides essential Vitamin A and can save lives in developing countries if only they were allowed to grow it Ordinary white rice is nutrient poor it consists of carbohydrates and little else About one million people who subsist on rice become blind or die each year from vitamin A deficiency Golden Rice which was developed in the hopes of combatting that problem by a team of European scientists in the late 90s was genetically modified to provide an essential nutrient that white rice lacks beta carotene which is converted into vitamin A in the body But twenty years later this potentially sight and life saving miracle food still has not reached the populations most in need and tens of millions of people in India China Bangladesh and throughout South and Southeast Asia have gone blind or have died waiting Supporters claim that the twenty year delay in Golden Rice's introduction is an unconscionable crime

against humanity Critics have countered that the rice is a hoax that it is fool s gold and propaganda for the genetic engineering industry Here science writer Ed Regis argues that Golden Rice is the world s most controversial maligned and misunderstood GMO Regis tells the story of how the development growth and distribution of Golden Rice was delayed and repeatedly derailed by a complex but outdated set of operational guidelines and regulations imposed by the governments and sabotaged by anti GMO activists in the very nations where the rice is most needed Writing in a conversational style Regis separates hyperbole from facts overturning the myths distortions and urban legends about this uniquely promising superfood Anyone interested in GMOs social justice or world hunger will find Golden Rice a compelling sad and maddening true life science tale

*Health Freaks* Travis A. Weisse,2024-09-03 Travis A Weisse tells a new history of modern diets in America that goes beyond the familiar narrative of the nation s collective failure to lose weight By exploring how the popularity of diets grew alongside patients frustrations with the limitations and failures of the American healthcare system in the face of chronic disease Weisse argues that millions of Americans sought fad diets such as the notorious Atkins program which ushered in the low carbohydrate craze to wrest control of their health from pessimistic doctors and lifelong pharmaceutical regimens Drawing on novel archival sources and a wide variety of popular media Weisse shows the lengths to which twentieth century American dieters went to heal themselves outside the borders of orthodox medicine and the subsequent political and scientific backlash they received Through colorful profiles of the leaders of four major diet movements *Health Freaks* demonstrates that these diet gurus weren t shady snake oil salesmen preying on the vulnerable rather they were vocal champions for millions of frustrated Americans seeking longer healthier lives

*Spoiled* Anne Mendelson,2023-04-25 Why is cows milk which few nonwhite people can digest promoted as a science backed dietary necessity in countries where the majority of the population is lactose intolerant Why are gigantic new dairy farms permitted to deplete the sparse water resources of desert ecosystems Why do thousands of U S dairy farmers every year give up after struggling to recoup production costs against plummeting wholesale prices Exploring these questions and many more *Spoiled* is an unflinching and meticulous critique of the glorification of fluid milk and its alleged universal benefits Anne Mendelson s groundbreaking book chronicles the story of milk from the Stone Age peoples who first domesticated cows goats and sheep to today s troubled dairy industry *Spoiled* shows that drinking fresh milk was rare until Western scientific experts who were unaware of genetic differences in the ability to digest lactose deemed it superior to traditional fermented dairy products Their flawed beliefs fueled the growth of a massive and environmentally devastating industry that turned milk into a cheap ubiquitous commodity Mendelson s wide ranging account also examines the consequences of homogenization and refrigeration technologies the toll that modern farming takes on dairy cows and changing perceptions of raw milk since the advent of pasteurization Unraveling the myths and misconceptions that prop up the dairy industry *Spoiled* calls for more sustainable healthful futures in our relationship with milk and the animals that provide it

TIME 100 New Health Discoveries Editors



of TIME,2016-02-01 Scientists and doctors are always working to unlock the secrets of the human body bringing a stream of new scientific discoveries that can help us live longer happier healthier lives In this special edition TIME presents 100 of the most useful breakthroughs of the past year discoveries that will help you eat better exercise more effectively prevent disease more easily and sleep more soundly Among the highlights The big data in our bodies new devices are enabling users to quantify their inner chemistry but what can they do with the info Statins as a wonder drug they are so effective at lowering heart disease that some experts believe more people should be taking them Unlocking women s sex drive new drugs are being developed to help stoke female sexual desire Are there drawbacks

**Futures of the Human Subject** Sławomir Koziol,2022-09-07 Futures of the Human Subject focuses on the representation of the effects of technology use on human subjectivity in several recent near future science fiction novels Sharing the idea that human subjects are constructed in the world in which they exist this volume inscribes itself in the wider field of posthumanism which contests the liberal humanist notion of people as self contained autonomous agents At the same time it is the first substantial study of literary representations of the human subject carried out within the conceptual framework of Foucault inflected philosophy of technical mediation which examines the nature of the relation between people and specific technologies as well as the way in which this relation affects human subjectivity As such the book may help readers to exercise more effective control over the way in which they are constituted as subjects in this technologically saturated world

**The Chemical Biology of Human Vitamins** Christopher Walsh,Yi Tang,2019 This textbook provides a thorough chemocentric view on the key small molecules of life the human vitamins and their active coenzyme forms

*Pandora's Lab* Author TBD,2017-04-04 What happens when ideas presented as science lead us in the wrong direction History is filled with brilliant ideas that gave rise to disaster and this book explores the most fascinating and significant missteps from opium s heyday as the pain reliever of choice to recognition of opioids as a major cause of death in the U S from the rise of trans fats as the golden ingredient for tastier cheaper food to the heart disease epidemic that followed and from the cries to ban DDT for the sake of the environment to an epidemic level rise in world malaria These are today s sins of science as deplorable as mistaken past ideas about advocating racial purity or using lobotomies as a cure for mental illness These unwitting errors add up to seven lessons both cautionary and profound narrated by renowned author and speaker Paul A Offit Offit uses these lessons to investigate how we can separate good science from bad using some of today s most controversial creations e cigarettes GMOs drug treatments for ADHD as case studies For every Aha moment that should have been an Oh no this book is an engrossing account of how science has been misused disastrously and how we can learn to use its power for good

*Robots, Healthcare, and the Law* Eduard Fosch-Villaronga,2019-11-04 The integration of robotic systems and artificial intelligence into healthcare settings is accelerating As these technological developments interact socially with children the elderly or the disabled they may raise concerns besides mere physical safety concerns that include data protection inappropriate use of emotions invasion of

privacy autonomy suppression decrease in human interaction and cognitive safety Given the novelty of these technologies and the uncertainties surrounding the impact of care automation it is unclear how the law should respond This book investigates the legal and regulatory implications of the growing use of personal care robots for healthcare purposes It explores the interplay between various aspects of the law including safety data protection responsibility transparency autonomy and dignity and it examines different robotic and AI systems such as social therapy robots physical assistant robots for rehabilitation and wheeled passenger carriers Highlighting specific problems and challenges in regulating complex cyber physical systems in concrete healthcare applications it critically assesses the adequacy of current industry standards and emerging regulatory initiatives for robots and AI After analyzing the potential legal and ethical issues associated with personal care robots it concludes that the primarily principle based approach of recent law and robotics studies is too abstract to be as effective as required by the personal care context Instead it recommends bridging the gap between general legal principles and their applicability in concrete robotic and AI technologies with a risk based approach using impact assessments As the first book to compile both legal and regulatory aspects of personal care robots this book will be a valuable addition to the literature on robotics artificial intelligence human robot interaction law and philosophy of technology

**The Rise of Yeast** Nicholas P. Money, 2018 Yeast is humankind's favourite microbe our partner in brewing baking and winemaking Nicholas P Money tells the story of this 10 000 year long marriage looking at how yeast served as a major factor in the development of civilization celebrating its importance and considering its future roles in molecular biology and genetic engineering

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