



Misguided Medicine: The truth behind ill-advised medical recommendations and how to take health back into your hands

By Colin E. Champ M.D.

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Are you confused as to why the foods and actions of your parents and grandparents are now considered unhealthy, yet they lived in health to an old age? Are you tired of being told that pills, as opposed to diet, exercise, and lifestyle provide you with health? Perhaps your confusion is insight into the many issues with current medical recommendations that often take you out of the picture when it comes to your health. Perhaps it is time to take your health back into your hands. This book is aimed to provide the reader with tangible health goals by taking a focused look at daily health and lifestyle habits through evidence-based medicine. Misguided Medicine is meant to be a manageable reference for both medical professionals and the casual reader.

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Editorial Review

About the Author

Dr. Champ is a board-certified in radiation oncology and integrative medicine and assistant professor at the University of Pittsburgh Cancer Institute and University of Pittsburgh Medical Center. He researches cancer treatment as well as diet and nutrition extensively and has been invited to lecture on the topic around the country and world. He is one of the few physicians invited to present academic Oncology Grand Rounds as a resident, an honor usually reserved for experts after years or decades in the field. He has published many peer-reviewed articles, started a health and fitness website and company, and co-hosted a podcast that was top-ranked in the U.S., England, and Australia. He has been featured in the Boston Globe, The Gupta Guide with Sanjay Gupta, the National Cancer Institute at the National Institute of Health, and the American Society of Clinical Oncology newsletter, to name only a few.

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