

Modern medicine is lying to you. Discover the true science behind chronic diseases—and implement an actionable plan to restore your health and longevity once and for all.

For the first time in history, chronic diseases like diabetes, hypertension, and obesity plague our population on a global scale. From a seasoned physician, this paradigm-shifting book comprehensively explains the linked cause and exposes the misconceptions prevalent in modern medicine.

In *Lies I Taught in Medical School*, Dr. Robert Lufkin explains that metabolic dysfunction is the common underlying cause of most chronic diseases that has been overlooked for decades, providing the tools needed to prevent and reverse them in ourselves. He draws on expansive, peer-reviewed evidence, proving that standard medical recommendations are killing us.

What's more, Dr. Lufkin offers practical advice to show how lifestyle factors such as nutrition, sleep, exercise, and stress management can target the fundamental cause of chronic diseases. *Lies I Taught in Medical School* is a revolutionary and holistic guide that will help you take control of your health—before it's too late.

ROBERT LUFKIN, MD, has served as a full professor at both the University of California, Los Angeles and University of Southern California Schools of Medicine. In addition to being a practicing physician, he is the author of more than two hundred peer-reviewed scientific papers and fourteen books that are available in six languages. Among his many inventions, including several patents in artificial intelligence, he developed an MR-compatible biopsy needle which is used worldwide today as the “Lufkin Needle.”

JIM MESKIMEN is an audiobook narrator and a stage, film, and television actor who has appeared in many well-known movies and television shows.

READ BY JIM MESKIMEN

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AUDIO

LIES I TAUGHT IN  
MEDICAL SCHOOL

Robert Lufkin, MD

Adult



PLAYAWAY  
THE ALL-IN-ONE AUDIOBOOK

