By ROYCEMILLER, M.D.

"Two-thirds of the people in the U.K., the United States, and Australia are classified as overweight [or] obese! Why?" asks obesity researcher Harcombe in her groundbreaking book "The Obesity Epidemic: What Caused It? How Can We Stop It?"

She challenges the current view of a healthy diet handed down by diet professionals and government agencies and asserts that our current way of making dietary advice has made us fat.

Harcombe takes the reader on an historical journey showing how obesity has increased 10-fold even since the public-health advice to base meals on starch foods was adopted in the U.K. in 1978, following a similar strategy in the United States in the late 1970s.

Logical analysis and humorous analogies are used to dissect studies that have caused us to discard traditional ways of eating that have sustained us for centuries.

For instance, Harcombe mentions the "Seven Countries Study" by American doctor Ancel Keys in 1957. Harcombe asserts that Keys was wrong more often than not because he thought that eating saturated fat causes heart disease. He writes that the analogy that some people sing at parties about "eating shrimp" is an example of eating causing singing.

True, some saturated fat, especially saturated fat from known sources, has led to the death of a number of people. But because saturated fat is currently based on what researchers consider to be controversial evidence, with respect to overall eating patterns, it does not suggest that eating shrimp or whatever else can be dipped into elsewhere. I've never seen anyone die at a party.

How about dieting? Forget about it if you follow the commonly held belief that to lose fat, you need to create a deficit of calories. The eat less and do more notion is based on misunderstanding the energy "equal energy" law of thermodynamics as Harcombe says. What has the notion of eating less and doing more led to? According to "The Obesity Epidemic," developed nations have become obsessed with calorie counting and calorie deprivation in the vain hope of reducing weight.

For instance, Dawson's experiments showed that thick dips such as cheese, chocolate, and hummus are safer, with fewer bacteria, and the number decreases over time. But you may get more than you bargained for by dipping into a dip, which is usually more likely to allow more bacteria to come off the dip into your mouth.

Before double-dipping, also consider that salad may contain germs that can cause meningococcal meningitis, a potentially life-threatening infection that infects the covering of the brain and spinal cord. Picking up this infection is not a good way to start the holiday season.

This book destroys fat phobia and demonstrates how health agencies have confused the effects of saturated fat and carbohydrate. It shatters the illusion of the "eat well" plate promoted by food and health agencies in the U.K. It exposes the food and beverage corporations that sponsor such foods—the supposedly healthy, carbohydrate-rich, calorie-counted, processed foods, which actually keep you hungry—and the advertising campaigns that promote them.

The "Obesity Epidemic" exposes the ignorance and misguided dieter advice of agencies we trust to provide us with impartial information. This advice has not only failed but has led people to lose weight and is detrimental to our health.

Harcombe offers a clear and simple solution to the obesity epidemic. The book makes a compelling read.

The Obesity epidemic is available from Amazon Books.