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101 Washington St., Toms River, NJ 08753-7625

Telephone: 732-349-6200

www.theoceancountylibrary.org

Susan Quinn, Director

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PRESS RELEASE

CONTACT: Tom Mongelli, 732-349-6200, ext. 5900
tmongelli@theoceancountylibrary.org

Get Real About Food with Dr. Robert Lustig in Ocean County Library Virtual Author Talk

TOMS RIVER – Healthy New Year to you, courtesy of [Dr. Robert H. Lustig](#). The outspoken critic of “Big Food, Big Pharma and Big Government” will take part in an Ocean County Library Virtual Author Talk, 2 PM Tuesday, January 30.

The neuroendocrinologist offers a radical perspective on the confluence of nutrition, health and disease, medicine, environment and society in [Metabolical: The Lure and the Lies of Processed Food, Nutrition, and Modern Medicine](#), available in print, audiobook, and eBook versions through the Ocean County Library.

On his [website](#), Dr. Lustig contends that sugar-laden processed food has placed minds and bodies in an endless cycle of feeding and needing, obesity and disease, which can be broken simply through natural foods.

His book supports the ideas that chronic disease medicine treats only symptoms, chronic diseases aren't “druggable” but are “foodable,” and that our eating habits raise the risks of chronic diseases, a bankrupt health care system, and environmental consequences.

The doctor offers a plan in which real food is the core component to restore health and to boost immunity to viruses such as COVID-19.

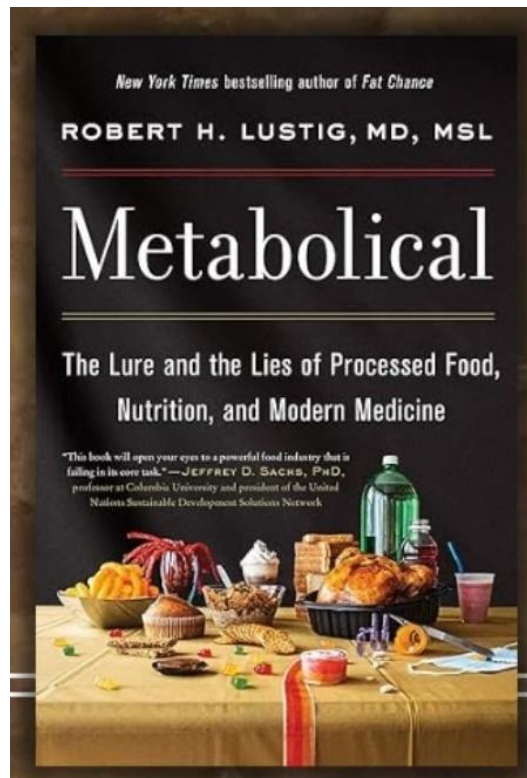
Please register at <https://bit.ly/OclLustigVirtual> to attend this free program, to view the upcoming schedule, and to view previous talks. Registrants will receive links to the program by email and may submit questions for the author when signing up.

Keep up with Library programs and events at www.theoceancountylibrary.org, and on [Facebook](#), [Instagram](#), [Twitter](#), [YouTube](#), [Spotify](#), and [Pinterest](#).

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Dr. Robert Lustig



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