



THE SOBERING TRUTH

What You Don't Know *Can Kill You*

SECOND EDITION

DATA SHEET

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AUTHOR BIO

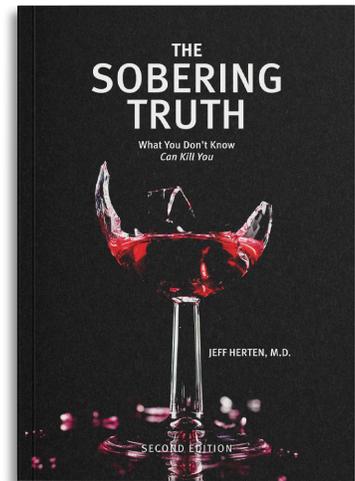
For over thirty years, author Dr. Jeff Herten was a high-functioning alcoholic—one who drinks every day, yet continues to lead a productive, successful life. A native Californian, Jeff resides in rural San Luis Obispo with his wife, Debby. Jeff has a successful practice as a dermatologist, dermatopathologist and dermatologic surgeon. In addition, he has served as an assistant clinical professor at University of California Irvine Medical School for 30 years. Upon achieving sobriety, Jeff began to research the health effects of alcohol and was astounded at what he discovered. His past as a high-functioning alcoholic, his medical expertise and his life experiences have uniquely equipped Jeff to expose the shocking physical, psychological and social effects of alcohol. He has dedicated the past 10 years of his sober life to sharing this important information with the public.

BOOK DESCRIPTION

Dr. Jeff Herten shares his first-hand knowledge of the conspiracy of misinformation about the healthful nature of alcohol.

In the introduction to *The Sobering Truth* Herten describes alcohol as the most addictive and destructive drug on the planet. Those are bold claims considering competing drugs such as heroin, crack cocaine, and crystal meth. But, a study published on November 1, 2010 in the respected medical journal *Lancet*, supports his claims. Alcohol affects us not only emotionally but physically. Alcohol consumption is contributory to nine different cancers, heart disease, acid reflux, osteoporosis, immune system suppression, hypertension, stroke, depression, allergies, peripheral neuropathy, insomnia, hepatitis, pancreatitis and diabetes; and causes fetal alcohol syndrome. *The Sobering Truth* explores the numerous facets of alcohol consumption in the United States, including the physical risks, the behaviors associated with alcohol, and the innocent victims of alcohol abuse. But it also offers hope for those wishing to become sober and recommends resources to help them turn their lives around.

Frank and honest, and including many case studies, *The Sobering Truth* is a must-read for every spouse, parent, child, employer, physician, and counselor whose life is touched by alcohol. It may be just the wake-up call you need.



A BOOK BY JEFF HERTEN, M.D.

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