# Battling the Food Giants: How to Safeguard Our Nutrition

written by Dr. Ronald Hoffman | April 7, 2026

Are you aware of the adulterants lurking in your “healthy” foods? Dr. Sina McCullough, author of “Hands Off My Food!,” exposes the realities of our food supply and how to defend your health and freedom. She offers solutions that empower you as a consumer. Don’t miss it!