

# Pure White And Deadly How Sugar Is Killing Us

Pure, White, and Deadly Sweet Poison: Why Sugar Is Killing You and How to Quit It for Good SUMMARY - Pure, White And Deadly: How Sugar Is Killing Us And What We Can Do To Stop It By John Yudkin Technical Note The Killing of Plant Tissue by Low Temperature Nedrud, the Criminal Law Experiment Station Record World Farming Bee-keepers' Record The Torture of Mothers Southern Florist and Nurseryman Report of the Viticultural Work During the Seasons Report of the Agricultural Experiment Station of the University of California The International Cyclopaedia POLICE REPORTS OF THE NORTHERN AND SOUTHERN DIVISIONS OF THE BOMBAY PRESIDENCY FOR 1870 Report of the Viticultural Work African Violet Magazine Pamphlets on Enology British Bee Journal & Bee-keepers Adviser British Bee Journal John Yudkin Bill Robbins Shortcut Edition William Henry Chandler Duane R. Nedrud United States. Office of Experiment Stations Truman Nelson California Agricultural Experiment Station California Agricultural Experiment Station California Agricultural Experiment Station

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more than 40 years before gary taubes published the case against sugar john yudkin published his now classic exposé on the dangers of sugar reissued here with a new introduction by robert h lustig the bestselling author of fat chance scientist john yudkin was the first to

sound the alarm about the excess of sugar in the diet of modern americans his classic exposé pure white and deadly clearly and engagingly describes how sugar is damaging our bodies why we eat so much of it and what we can do to stop he explores the ins and out of sugar from the different types is brown sugar really better than white to how it is hidden inside our everyday foods and how it is harming our health in 1972 yudkin was mostly ignored by the health industry and media but the events of the last forty years have proven him spectacularly right yudkin s insights are even more important and relevant now with today s record levels of obesity than when they were first published brought up to date by childhood obesity expert dr robert h lustig this emphatic treatise on the hidden dangers of sugar is essential reading for anyone concerned about their health the health of their children and the wellbeing of modern society

we all know that smoking kills but did you know that sugar could be just as harmful unlock the expert strategies you need to kick this harmful habit for good inside this book you ll discover the disgusting truth about why sugar is killing you the basic mechanics of sugar and how it is harming your health how to get yourself off sugar and on to a healthier eating plan table of contents how sugar is slowly killing you the basics of refined sugar what lies beyond sugar friend or foe the cane sugar vs corn sugar debate how much sugar is too much decoding the sugar label the 10 most common foods filled with sugar that you d never suspect kick the sugar habit to take back your health your 28 day sugar detox click the buy now button to discover exactly why sugar is killing you and how to quit it for good

our summary is short simple and pragmatic it allows you to have the essential ideas of a big book in less than 30 minutes by reading this summary you will discover that sugar is a product that can be dangerous to your health you will also discover that sugar is absolutely not necessary for a healthy and nutritious diet that the sugar industries are doing their best to hide the truth about sugar from you that sugar is not part of the proper diet for humans that refined sugar has no nutritional value only calories that sugar is linked to a large number of ailments and diseases since the end of the second world war sugar consumption has tripled in western countries sugar is everywhere in your daily diet it makes up an average of 17 of your diet a higher proportion than any other food it s time to face the facts sugar is bad for your health how much longer will it take to take action against this potentially harmful food although society is powerless or reluctant to take action you can still take action to protect your health buy now the summary of this book for the modest price of a cup of coffee

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