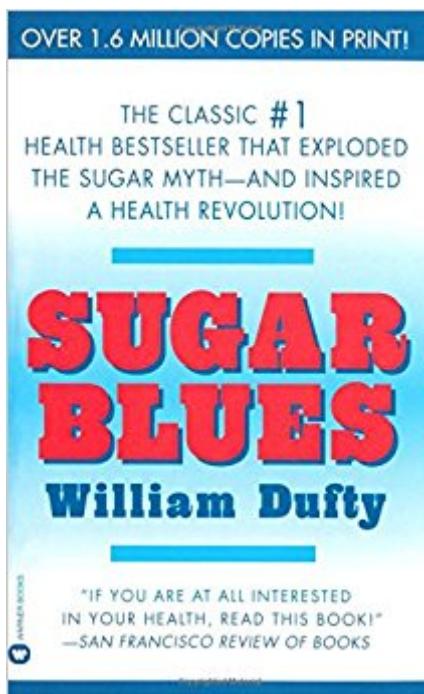


The book was found

Sugar Blues



Synopsis

It's a prime ingredient in countless substances from cereal to soup, from cola to coffee. Consumed at the rate of one hundred pounds for every American every year, it's as addictive as nicotine -- and as poisonous. It's sugar. And "Sugar Blues", inspired by the crusade of Hollywood legend Gloria Swanson, is the classic, bestselling expose that unmasks our generation's greatest medical killer and shows how a revitalizing, sugar-free diet can not only change lives, but quite possibly save them.

Book Information

Mass Market Paperback: 256 pages

Publisher: Grand Central Life & Style; Reissue edition (March 17, 1986)

Language: English

ISBN-10: 0446343129

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Product Dimensions: 4.2 x 0.8 x 6.8 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 328 customer reviews

Best Sellers Rank: #27,414 in Books (See Top 100 in Books) #31 in Books > Health, Fitness & Dieting > Reference #454 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

Customer Reviews

Another great book that everyone should read and educate themselves about the dangers of eating sugar. I recommend this book and the company that sold it to me. I received everything right away with no issues.

The definitive book on SUGAR and why we should not TOUCH anything with it. If this were required reading in schools, we would not have a DIABETES or OBESITY epidemic. BUY IT AND SAVE YOUR LIFE and/or that of a loved one. I wish someone had done it for me.

i love this book. it was suggested to me from a friend, and it has changed my perspective. i am now trying to curb my sugar addiction.

strong beginning, but i found it dragged toward the end. basically, sugar is bad for you and you can

notice improvements pretty quickly after cutting from your diet

A little rambling sometimes but nonetheless very interesting. I have given up refined/processed sugar forever. Considering our national obsession with this white poison, it is not hard to understand why diabetes, obesity, heart disease, cancer, and a host of other illnesses are at epidemic proportions.

Read it! It will open your eyes to how this little substance has infiltrated every corner of our food supply--from the beginning.

This will scare you into giving up sugar, if possible. A friend recommended it to me. Very interesting and readable.

First released in the early 70's. Thousands of books have followed proclaiming the "Sugar Wars". But nothing has made a difference. Sugar consumption in the United States has gone from 75 lbs a person (in 1975) to 150 lbs a person in 2013. No one wants to admit we are completed addicted to the stuff. It is everywhere we go and because it is so engrained into our society, we don't even pay attention to it. I was in a stamp and coin shop the other day, and they had a big candy display right by the cash register, and no one thinks that's a little weird. William Duffy suggests that if sugar were to be introduced today, it would never get FDA approval because large doses, (over 50 grams a day) far less than the 1/3 to 1/2 pound Americans eat every day, are toxic.

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