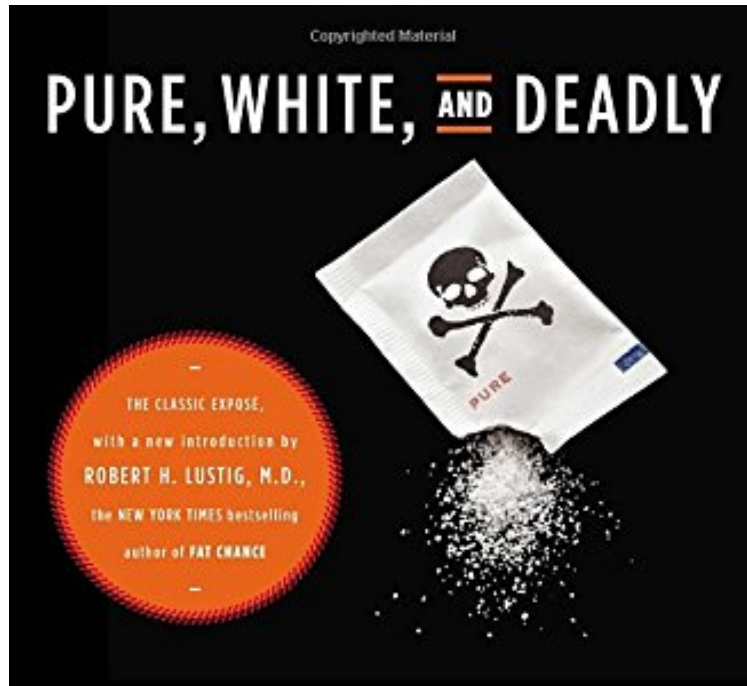


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Pure, White, and Deadly: How Sugar Is Killing Us and What We Can Do to Stop It

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How Sugar Is Killing Us and
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John Yudkin : Pure, White, and Deadly: How Sugar Is Killing Us and What We Can Do to Stop It before purchasing it in order to gage whether or not it would be worth my time, and all praised Pure, White, and Deadly: How Sugar Is Killing Us and What We Can Do to Stop It:

92 of 93 people found the following review helpful. A Must Read For Today's SocietyBy danfazAn absolute must read, predicting what we are now seeing 40 years later. Yudkin's research on sugar and Mary G. Enig's research on fats

have turned common nutrition wisdom upside down. I have done the traditional low fat, high carb method of eating and had horrible triglyceride and cholesterol levels. See my review here: http://www..com/Know-Your-Fats-Understanding-Cholesterol/product-reviews/0967812607/ref=cm_cr_dp_synop?ie=UTF8showViewpoints=0sortBy=bySubmissionDateDescending#R3739P0BCA to more saturated fats and fewer sugars, and my levels went way down, contrary to what my physician thought would happen. I see this in my daily life at the office: co-workers eating all the refined sugary treats and constantly complaining that they are fat or sick, or both. I refrain most of the time, and am not fat, nor do I get sick (unless my son sneezes on me). Change your eating style, don't believe the B.S. media and the government says will make you healthy, and you'll see the difference. 49 of 49 people found the following review helpful. Sugar was killing me and it took a year to get over the major cravings. By Janine - CustomerExposes the truth about eating sugar and how the sugar industry fights to keep those facts hidden. I have given up sugar for over a year now (I found it was triggering my fibromyalgia) and lost 40 lbs. No other change to my diet or exercise. Just removed white sugar. Which is no easy feat as it is literally in 90% of every processed food item you might buy. Have to ask ourselves, "Why is there added sugar in processed items that has never been required in the recipes we make at home?" Answer: Because it is highly addictive and the manufactures and the sugar industry know that if you get some into your body you will want more and more. Getting off of sugar was like just getting off of an opioid. All the same withdrawal symptoms and cravings. Took a year to finally get rid of the major cravings. Sugar is killing us and is every bit as dangerous (if not more so because little children are fed it from toddler age on up) then cocaine. By the way. I have had no pain (except for accidentally ingesting some) from my fibromyalgia since I gave up sugar on November 3, 2013. 27 of 28 people found the following review helpful. Must Read By James F. Rendek If you've seen Dr. Lustig's youtube video about the evils of sugar you know that anything he writes is going to be worth your time. This should be common accepted knowledge but Big Agra would have a cow which incidentally is much better to eat than sugar. Even the book itself would be better to eat than sugar!

More than 40 years before Gary Taubes published *The Case Against Sugar*, John Yudkin published his now-classic expos 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 expos, *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 of 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.

About the Author John Yudkin (1910-1995) was a British physiologist and nutritionist. He became internationally famous with his book *Pure, White, and Deadly*, first published in 1972, and was one of the first scientists to claim that sugar was a major cause of obesity and heart disease.