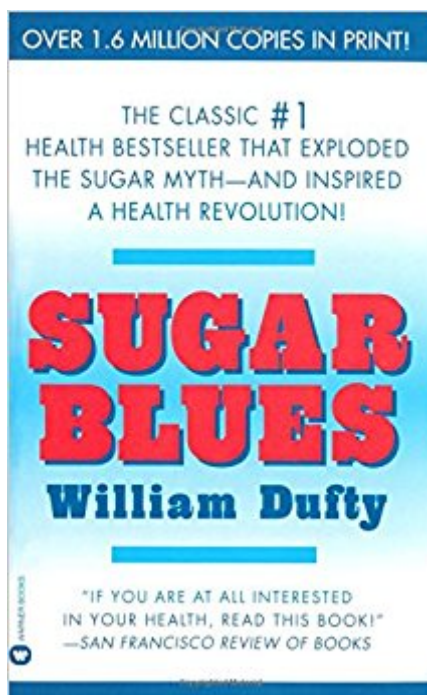


The book was found

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 unmask's 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

ISBN-13: 978-0446343121

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 completely 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.

[Download to continue reading...](#)

Sugar Detox: Beat Sugar Cravings Naturally in 14 Days! Lose Up to 15 Pounds in 14 Days!
Step-By-Step Meal Plan And Recipes To Kick Sugar Cravings And ... diet, sugar free diet, low sugar diet,) Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse) Sugar Detox: Beat Sugar Cravings Naturally in 30 Days! Lose Up to 15 Pounds in 14 Days, Increase Energy, Boost Metabolism! (Sugar Free Diet, Sugar Detox ... 30 Day Detox, Weight Loss and More Energy) Diabetes: Reverse type 2 diabetes, lower your blood sugar, and live a healthier life in 12 simple steps (Diabetes, Type 2 Diabetes, Blood Sugar, Sugar, Insulin, Fat, Diet, Unhealthy Diet, Book 5) Mediterranean Diet: Mediterranean Diet For Diabetes-A Beginners Guide On Weight Loss While Lowering Your Blood Sugar To Reverse Type 2 Diabetes(Mediterranean ... blood sugar diet,the blood sugar solution,) 14-day Zero Sugar detox diet: Sugar detox diet for

beginners to Increase energy, smash cravings and lose weight.: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight. Blues Harmonica Method, Level 2 Book/CD Set An Essential Study of Blues for the Intermediate Player in the Tongue Block Style (School of the Blues) The Caged System and 100 Licks for Blues Guitar: Complete With 1 hour of Audio Examples: Master Blues Guitar (Play Blues Guitar Book 5) 48 Razor-Sharp 12-Bar Blues Riffs for Swing Bands and Blues Bands: B Flat Instruments Edition (Red Dog Music Books Razor-Sharp Blues Series) 48 Razor-Sharp 12-Bar Blues Riffs for Swing Bands and Blues Bands: Guitar Edition (Red Dog Music Books Razor-Sharp Blues Series) Blues Harmonica, Level 1: An Essential Study of Blues for the Beginning Player in the Tongue (School of Blues) Uptempo Blues: Blues Play-Along Volume 10 (Hal Leonard Blues Play-Along) Christmas Blues - Blues Play-Along Volume 11 (Book/Cd) (Hal Leonard Blues Play-Along) Texas Blues: Blues Play-Along Volume 2 (Hal Leonard Blues Play-Along) Diabetes Diet Cookbook: Delicious Low Carb Recipes For Diabetics (Diabetes Miracle Cure, Lower Blood Sugar, Diabetes Desserts) (Diabetes Cookbook, Diabetes ... Type 2 Diabetes, Lower Blood Sugar) Type 2 Diabetes: Take Control Of Your Blood Sugar Level Naturally With 39 High Fiber, Healthy Carb Diabetes Recipes-Maintain Healthy Blood Sugar And ... Cookbook, Diabetes Diet Plan) (Volume 7) Type 2 Diabetes: Take Control Of Your Blood Sugar Level Naturally With 39 High Fiber, Healthy Carb Diabetes Recipes-Maintain Healthy Blood Sugar And Reverse ... Cookbook, Diabetes Diet Plan Book 6) The Sugar Detox: Lose the Sugar, Lose the Weight--Look and Feel Great The 21-Day Sugar Detox: Bust Sugar & Carb Cravings Naturally 10-Day Sugar Detox: Easy Meal Plans to Beat Sugar in 10 Days

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)