

Suicide By Sugar A Startling Look At Our 1 National Addiction Nancy Appleton

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Suicide By Sugar A Startling

Over two decades ago, Nancy Appleton's Lick the Sugar Habit exposed the health dangers of America's high-sugar diet. Now, in Suicide by Sugar, Appleton, along with journalist G.N. Jacobs, presents a broader view of the problems caused by our favorite ingredient. The authors offer startling facts that link a range of disorders—from dementia and hypoglycemia to obesity and cancer—to our growing sugar addiction.

Suicide by Sugar: A Startling Look at Our #1 National ...

Suicide by Sugar: A Startling Look at Our #1 National Addiction. by. Nancy Appleton, G.N. Jacobs. 3.41 · Rating details · 328 ratings · 49 reviews. It is a dangerous, addictive white powder that can be found in abundance throughout this country. It is not illegal.

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Suicide by Sugar: A Startling Look at Our#1 National ...

The idea behind Suicide by Sugar: A Startling Look at Our #1 National Addiction is to explain just how deadly sugar is. The author also shows how your brain is addicted to sugar, where added sugar is hidden in many "healthy" foods, and how you can reprogram your brain to prefer healthier sugar alternatives. How the Book Is Laid Out

Book Review Suicide by Sugar - Kick That Sugar Habit

Title: Suicide by Sugar: A Startling Look at Our #1 National Addiction Item Condition: used item in a good condition. Author: Nancy Appleton,G. N. Jacobs ISBN 10: 0757003060. Publisher: Square One Publishers ISBN 13: 9780757003066.

Suicide by Sugar: A Startling Look at Our #1 National ...

Suicide by sugar : a startling look at our #1 national addiction. [Nancy Appleton; G N Jacobs] -- Suicide by Sugar begins with the story of Dr. Appleton's battle with her own sugar addiction. next, the authors examine all the frightening (and unknown) things that can go wrong with people consume ...

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Suicide by Sugar: A Startling Look at Our #1 National Addiction ... This is what I preach, teach and live by to achieve aging as gracefully as possible. I learned many things from Suicide by Sugar and it is a book that I recommend everyone to read. 10 people found this helpful. Helpful. 1 1 comment Report abuse

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Review. "Explains how the sweet white stuff represents one of our biggest dietary hazards...presents a strategy for slipping free of sugar's grasp, including food plans and recipes...If you want to resist the call of this sweet but deadly siren, Suicide by Sugar is a good place to start." --Energy Times.

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