

PURE, WHITE, AND DEADLY



THE CLASSIC EXPOSE,
with a new introduction by
ROBERT M. LUSTIG, M.D.,
the NEW YORK TIMES bestselling
author of FAT CHANCE

How Sugar Is Killing Us and What We Can Do to Stop It



John Yudkin

Foreword by Robert M. Lustig, M.D.

John Yudkin and

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



[continue reading](#)

More than 40 years before Gary Taubes In 1972, Yudkin was mostly ignored by medical industry and media, but the events of the last forty years have confirmed him spectacularly correct. The Case Against Sugars, John Yudkin published his His traditional exposé Brought up-to-date by childhood obesity expert Dr. reissued here Lustig, this emphatic treatise on the hidden risks of sugar is essential reading for anyone concerned about their health, the health of their children, and the wellbeing of society., Pure, White colored, and Deadly, clearly and engagingly describes how glucose is damaging our anatomies, why we eat so much of it, and what we are able to do to stop. Scientist John Yudkin was the first to audio the alarm about the surplus of sugar in the diet of modern People in america. now-traditional exposé Lustig, the bestselling writer of Fat Possibility. He explores the ins and out of sugar, from the different types—is brown sugars really much better than white?— Robert H. published Yudkin's insights are a lot more important and relevant today, with today's record degrees of obesity, than if they were initial published. on the dangers of sugars—to how it really is hidden inside our everyday foods, and how it is harming our health and wellness. with a fresh introduction by Robert H.



[continue reading](#)

Sugar was killing me personally and it took a yr to get over the major cravings. Exposes the truth about eating sugar and how the sugar industry fights to keep those details hidden.. No other change to my diet or exercise. Simply removed white sugar.... be involved. Yet withdrawal symptoms and cravings. Took a year to finally get rid of the major cravings.. Incidentally. I've had no pain (except for unintentionally ingesting some) from my fibromyalgia since I quit sugar on November 3, 2013. A Must Read I ordered this publication after reading an online NY Times Magazine content entitled "Is Glucose Toxic", and I intend to order several more copies to give to the people I really like. This publication traces the history of sugar, how sugars is definitely refined, and the many effects it is wearing body chemistry. Because of my family medical history, of particular interest if you ask me may be the connection between sugars and heart disease, since the majority of us remain under the outdated assumption that saturated excess fat is what we need to worry about..

2. Specifically, insulin, cortisol and oestrogen affect most of the body's functions and much of your body's chemistry." "Harm to one's teeth" "Each year, an incredible number of tooth are extracted by dentists .. In this case, it's the Glucose Cartel that lobbied against his discoveries, marginalized his study and made him to appear to be a quack. Basic propagandizing by a couple of idiots with big egos. Everyone concerned about their personal health insurance and the wellness of their loved ones needs to read this book. I never thought that glucose could be linked to heart disease as We was indoctrinated, like the majority of people, to believe that heart disease is all about eating meat, butter and other fat-laden foods, only. But Dr.. We have an obesity issue and sugar is one of the major causes. CORONARY THROMBOSIS, THE PRESENT DAY EPIDEMIC" From the beginning, a few people were just a little uneasy about Dr. Dr. Yudkin's work should be praised for his tireless initiatives and his research. You should have guessed, I am certain, that it was by giving them plenty of sticky sweets. He didn't have all the answers, but his research proved that something was amiss and he simply wanted to know the truth. He stated that if he previously the power to do so, he would ban all processed sugars including cane sugar..

8. WHAT??. They knew this back in 1972 !!! From page 79: "I really believe that the best diet for the human species is one made up so far as feasible of the foods that were obtainable in our hunting and food-gathering days." Revise: Since this reserve is difficult to find and butthurt expensive when you do find it, I will re-re-read it and put in a little additional info below:

Desk OF CONTENTS

Introduction

1. What's so different about glucose? .***** (SPOILER ALERT! take . Sugar and other carbohydrates.

4. Where sugar originates from.

5. Everyone should go through this to understand the damage sugar does to them!

6. .

7. The cancers that seem probably to be related to sugar usage are cancer of the huge intestine in men and in females, and cancer of the breasts in women.

8. Who eats glucose, and how much? Eat sugars and see what goes on. Terms mean what you need them to mean. maturity" "One of the top features of affluent countries may be the nutritional state of their babies and young children.. I have already mentioned (p.....

14.

9.

15. found that the insulin level in fasting blood increased by about 40 percent after fourteen days on the high-sugar diet plan; Very attention opening. A discomfort in the middle.

17. A host of illnesses.

18. Does sugar accelerate the life span process - and death too?

19. How does sugars produce its effects?

20. Should glucose be banned?. Attack is the best defense. I eat it because I like it.. I've done more than enough study of fitness and diet that pointed me in the path to get the book and research it.)*****

INTRODUCTION" ... If you can't get through this publication I'd recommend watching the YouTube video by Dr. After that analysis has produced further proof that glucose is implicated in these circumstances, and has also put into the list... We am often asked why we don't hear very much about the dangers of sugar, while

we are constantly being told we have too much fat inside our diet, rather than enough fibre. I suggest that you will find at least area of the answer in the last chapter of this book... "First, there is no physiological requirement for sugar;... As I have said elsewhere, folks are not likely to get fat if they make up their diet mainly from the foods which were available to our prehistoric ancestors, like meats, fish, eggs, fruit and vegetables .. WHO EATS Sugars, AND HOW MUCH?. Another quality researcher suppressed by those in power The info that Dr. I EAT IT BECAUSE I LIKE IT"Legislators in many countries have frequently taxed sugar ... just as they have frequently taxed tobacco and alcohol... Everyone needs to read! There is, however, very little heart disease included in this.. Glucose AND OTHER CARBOHYDRATES"Sucrose ... It could easily be within a public library or here on Amazon at under \$5.!. .There is reason to trust . The famous kitchen debate between previous Vice President Nixon and Premier Khrushchev in Moscow in the 1960's was in large part a promotion stunt to photograph the premier with a bottle of Pepsi-Cola.. the fructose partHere is a quote from a sugars industry advertisement: `Willpower fans, the search has ended! WHERE SUGAR COMES FROM "Just like the cereals, sugar cane belongs to the grass family."5. . "...Imfeld wrote to say that the meeting have been cancelled and that he had been dismissed from his job ."6. REFINED AND UNREFINED "... refined sugar is the natural carbohydrate sucrose... . It has been suggested that cancers of the bowel may be the effect of a high focus of insulin in the bloodstream .. increased consumption of carbonated drinks and decreased consumption of milk; Sugar has been proven to be many times even more addictive than cocaine.. almost from the moment they had started the low-carbohydrate diet..... . Phrases MEAN WHAT YOU WOULD LIKE THEM TO MEAN"Nearly every book compiled by people in or linked to the sugar market contains a section in which you are told how important sugar is because it is an essential component of the body. They tell you that it's oxidized in order to give energy, that it is a key materials in all sorts of metabolic processes, and so on. Plus they imply or even say explicitly that all this is to do with `sugar' (sucrose), whereas actually they have been discussing `blood sugar' (glucose). observations that support the suggestion that sugars outcomes in early sex maturity...When the term `sugar' can be used at one moment to mean the sucrose in your meal and at another to mean the glucose in your blood, these differences are hidden."19. SUGAR'S CALORIES MAKE YOU THIN - THEY STATE "... the vast majority of the tempting foods that are taken up to satisfy appetite rather than hunger contain carbohydrate that is either sugars or starch ...These carbohydrate-rich foods ... I may't say enough good stuff about this book. sugar..... elevation of .The sugar people tell you not only that sugar does not cause you to fat; It isn't because they are physically inactive;.."4.. In glucose! Sugar works quicker than any other meals to turn your hunger down, switch energy up.. ""11. HOW TO EAT MORE CALORIES WITHOUT EATING REAL Meals"More recent evidence comes from the USA... about the living of dietary deficiencies..... increased intake of snacks and decreased intake of vegetables and fruit... huge amounts of sugar."12. IS IT POSSIBLE TO PROVE IT"Some anthropological authorities consider the look at that man is a meat-eater for many millions of years, they do not have a precise picture of what he ate and especially how much he ate of each food. the decrease in the age when boys and girls reach maturity., became President of the Nixon Foundation after his attorney became President of america. Secondly, it could act after it has been digested and absorbed into the blood stream.. No more will there be the incidence of dietary deficiency . we carried out a further experiment to look at the effect of sugar in a normal diet. This reality gave Coca-Cola the chance to claim that their decision could rely on whether Searle proceeded with the meeting, which would definitely have publicized new study on the ill-effects produced by the consumption of sugar.. ..."13.Very eye-opening and a great perspective builder. Keys's

evidence.....The person from Searle who for months had been making the manifold technical arrangements for the conference told me the news headlines about the cancellation They were all scared of an marketing boycott by the affected meals market and distributors. from ruining the health of babies and children. Coronary disease is usually quite common in that island... they say it actually helps to make you slender . St Helena is extremely hilly and there is very little mechanical transportation. It isn't because they smoke a lot;. There is only one reasonable cause of the high incidence of heart disease; the average sugar usage in St Helena is around 100 pounds per person a calendar year....The Masai and Samburu are two tribes in East Africa that live very largely on milk and meat, and thus have a very high consumption of animal fat... Underneath line: Scientific evidence as early as the 1960's indicated that sugar was toxic for individuals and the Sugar Industry countered by telling us the exact opposite and then did it's best to suppress upcoming evidence based information from being disseminated.. .21.Just what precisely should we eat? In our study we found an extremely substantially higher sugar intake in the patients with coronary disease! . And glucose also resembles alcohol and tobacco in that it is a material that people rapidly develop a craving.. . This reserve disputed that notion forty years ago, and is finally being accepted as mainstream research today, but old technology dies hard.. ..."14.Another experiment . Enough time got arrived, there-fore, to begin to accomplish some experiments to discover what effects were made by sugar in the dietary plan.Inside our first laboratory experiment, we looked to discover what sugar did in rats .. Yudkin because they have been doing for many years when somebody reveals truths that affect a particular industry.. We discovered that the quantity of triglyceride in the bloodstream was enormously and rapidly elevated when rats ate sugars..!In additional species, however, sugar was found to produce an increase in the quantity of cholesterol . It has additionally been proven that the stools of breast-fed babies contain a lot more harmless lactobacilli `Veritas vos liberabit' Canoeist 5/2012).. Figures for coronary mortality and extra fat consumption existed for many more countries than the six referred to by Keys, and these other figures didn't seem to match the beautiful straight-line romantic relationship - the more fat, the more coronary disease - that was obvious when just the six selected countries were considered.. these fatty materials give the blood a distinctly milky appearance. Moreover, as the liver of the rat turns into enlarged by some 25 percent, the liver of the spiny mouse raises to twice its regular size when the dietary plan contains sugar.a rise in blood circulation pressure, a deterioration of your body's efficiency in dealing with high amounts of blood glucose, a change in the properties of the blood platelets, and a switch in the amount of insulin in the bloodstream. Rats fed high-sugar diet programs for some months show all of these features. ...We am increasingly inclined to believe that the clue to coronary illnesses lies in a disturbance of the hormones of your body."7. cow's milk to which regular sugar is added. . sugar-fed rats develop abnormalities in the way that the pancreas produces insulin. And this relief was noticed . We also viewed the result of adding saturated fat or unsaturated extra fat to the dietary plan, and found that it made no difference to the fatty chemicals in the aortic tissue.....Whatever is ultimately been shown to be the cause of these cancers, the truth is that a high intake of sugar can produce an increased blood focus of both these hormones - insulin and oestrogen... WHAT'S SO DIFFERENT ABOUT Sugars? EAT Glucose AND SEE WHAT HAPPENS"By the early 1960's I acquired decided that there is enough proof from epidemiology to claim that sugar might be one of the causes of coronary disease... An excessive amount of blood sugar - or inadequate. the level of the adrenal hormone, nevertheless, increased very much more, to between 300 and 400 percent of the initial value. there was a small but quite significant transformation within their refractionOur view, then, is that the

fundamental cause of heart disease is a disturbance of hormonal balance.....I believe that the best diet for the human species is a single made up as far as possible of the foods which were obtainable in our hunting and food-gathering days. malignancy of the breasts has been associated with the feminine sex hormones, specifically oestrogen.. AN EXCESSIVE AMOUNT OF BLOOD SUGAR - OR INADEQUATE" There are several reasons why I believe that eating an excessive amount of sugar is one reason behind diabetes.... many of them also said . Much of it parallels what I've currently cited for coronary thrombosis..."15."In addition .. The most fascinating component is the fight by the sugar sector to exclude the info. there is now quite a lot of experimental evidence that sugar may produce diabetes. ... it only requires the regular consumption of sugar each day for just two or three weeks to make a significant decrease in glucose tolerance, and in susceptible people a significant upsurge in the insulin focus in fasting bloodstream.... the most relevant simple truth is that every among the abnormalities observed in coronary heart disease and in diabetes can be produced by the inclusion of sugars in the diet. .. They asked for a tax to be placed on sugar itself, and on all sugar-rich food and drinks, as there is usually on tobacco and alcohol.It is difficult to believe that this wide variety of abnormalities seen in heart disease can arise merely from a disturbance in the way the body deals with dietary fat, or just from a disturbance in the body's control of the quantity of cholesterol in the blood.. Yudkin shares from the 1970's about the dangers of sugar is super-relevant right now with our soaring diabetes prices and other medical issues. A lot more than this, a disturbance in the activity of one or more of these hormones generally leads to a disturbance in the activity of one or even more of the other hormones. It is then not challenging to imagine that the result might well end up being the laying of the foundations greater than one disease.. A PAIN IN THE CENTRE"I had been involved in the study of weight problems ... I visited the laboratory immediately after my lecture, and I don't suppose I need to tell you how oral decay was induced in the monkeys.12. such a diet more carefully resembles what our ancestors ate during at least two million years of development ... The diet enables you to eat just as much as you like of meat, fish, eggs, leafy vegetables ...My interviews with overweight patients start out with general questions about health ..At the moment, we are suggesting that the reason why want to do with the amount of glucose in the blood. After a few weeks ... I get back to these queries and I find, for instance, that, having lost some weight, they aren't so brief of breath, not tired, have no pains within their hip joints, no longer suffer from swollen ankles by the end of the day. ...All of these changes I expect, but ... First there is the epidemiological evidence....We found substantially more cholesterol and triglyceride in the aortas of rats taking in the sugar diet plan than in those taking in the starch diet plan.. that sugars might ."Between 1974 and 1983 the usage of High Fructose Syrup increased from 3 to 43 pounds a head;..... Although the result look promising, we've not been capable to continue our research; Refined and unrefined...The results showed that fourteen days of a sugar-rich diet plan causes a rise in both acidity and digestive activity. the vast majority of this was used in food manufacture.. The sugar-rich diet plan improved the acidity by 20 percent ... enzyme activity was increased nearly three-fold..... Understanding is power. Excellent book and very enlightening! Moving away from of sugar was like just moving away from of an opioid.""Harm to the eyes""... rats fed the low-protein high-sugar diet had a considerable degree of myopi....? were given a high-sugar diet plan ... This observation recalls our discovering that sugars creates an enlargement of the adrenal glands in rats.. And when most people say that glucose makes you fats, you attach a campaign in which you claim that in fact sugar makes you thin... Doctors possess known for quite a while that diabetics create a mild but apparent degree of short-sightedness if their blood sugar is not properly managed .

Coronary thrombosis, the present day epidemic. All of this points to the possible function of glucose in producing childhood obesity..11. 110) that serious adjustments occur in the retina of the attention in diabetes.. The controllers suppressed Dr.... Several third of British adults over 16 have had every one of their teeth extracted." "Fossil evidence suggests that the condition today known as 'oral caries' Many experiments have been done In America, especially, an intensive advertising and public relations campaign has been around progress for several years to convince the public that sugar has nothing in connection with getting fat.. ... Diet programs with any kind of sugar produce much more caries, and the most 'cariogenic' sugars is sucrose.. Sugar's calories make you thin - they state...13..." "General actions" "In trying to comprehend how sugar could be involved with causing so many illnesses and abnormalities, two results of our work have specifically impressed me."17..!... which strongly indicts the world-wide actions of the sugar sector and explicitly highlights the part it played in causing the abandonment of the Institute's original conference and the increased loss of his work. Cohen.... He wrote; 'Until it is recognized that caries is an illness caused not by sugar but by the action of bacteria on glucose, effort will continue to be expended in preaching deprivation that few individuals will ever practice Professor Cohen was at the time carrying out analysis made to . We are therefore getting screwed !.... caries-leading to Streptococcus mutans. The experiments had been with monkeys, which were encouraged to develop tooth decay . than we within the control subjects...I began several years ago to treat people who have diet programs restricted in carbohydrate. Instead, he was suppressed and designed to look like a fool by those in power for fear of losing profits.. Dealing with young guys, we managed to persuade seven of these to swallow a gastric tube very first thing in the morning hours. we will have to await others to take it up. Between 1938 and 1968 the . Eventually, I feel, it'll be necessary to introduce legislation that .. sufferers with gout were taking appreciably more sugar than the control topics . .. those from bottle-fed infants permit them to multiply." "Disease of the liver" "Most recently we've been working" "Is there a link between sugar and malignancy?" "The evidence at the moment comes chiefly from a report of international figures and takes the proper execution of an association between your average sugar intake in various countries, and the incidence of two or three particular forms of cancer. Not merely sugar is sweet. IS BROWN SUGAR MUCH BETTER THAN WHITE SUGAR?. Excellent wow the truth about glucose and it's deleterious effects on human physiology. During the past a decade . also develop enlarged adrenal glands.. In reviewing the subject of sugar and heart disease, Dr Ahrens wrote that the epidemic of cardiovascular system disease 'continues to improve on a world-wide scale in tough proportion to the increase of sucrose consumption but not in proportion with saturated-fat intake'.... NOT MERELY SUGAR IS SWEET" The noncaloric sweeteners have no chemical romantic relationship to the sugars... in young men, sugar raises the level of cholesterol in the blood, and especially raises the amount of triglycerides."18. DOES SUGAR ACCELERATE THE LIFE PROCESS - AND DEATH TOO?" Sugar's influence on development .. or KZV.10... in addition to a rise in triglyceride. sugars produced bigger livers containing more fat ... Among the characteristics of the overweight babies and children is that their development high is accelerated as well, and they have a tendency to reach maturity early... Unfortunately, the actions of the KZV were interrupted when Dr. it really is agreed that weight problems occurs in bottle-fed infants much more frequently than in the breast-fed.. Spoil your hunger with sugars, and you could develop willpower. This is not because the inhabitants eat a whole lot of fat; Formulation for the bottle-fed baby is certainly When there is absolutely no carbohydrate, little or no caries is produced. Many of the canned baby foods . .. contain added sugar. Aside from increased insulin and adrenal hormone . hardly occurred in prehistoric occasions, before

the intro of agriculture and the fantastic increase of starchy foods ... One is that sugar produces an enlargement of the liver and kidneys of our experimental animals, not merely by making all the cells swell up just a little, but by in fact increasing the number of cells in these organs... .

...Previously 130 years this at which Norwegian girls reach puberty has fallen by almost exactly four years, from an average of 17 years to typically 13 years.....In our own experimental work, we have made .. Two weeks or so before the meeting was to occur, it was cancelled. ... I have given up glucose for over a calendar year now (I found it had been triggering my fibromyalgia) and lost 40 lbs.. Among the reasons for this particular study was a report, for as long ago as 1949, that not merely alcohol but also sugars can generate fibrosis of the liver - that's, an boost in the type of `scar tissue' that precedes the advancement of cirrhosis of the liver...""Damage to the joints""The lecture was publishedboth the Masai and the Samburu eat without any sugar. Nixon had been Pepsi's lawyer."21.. to see what changes in diet affect one's teeth... Good info to learn Very few people understand how deadly sugar is. How exactly to eat even more calories without consuming real food. Kick sugar to the curb.. A HOST OF DISEASES"I now want to chat of several quite unrelated conditions in which there is evidence . Rather, there can be an appreciable amount of fat children Knellecken was accused of financial fraud ..""Damage to the skin""As for seborrhoeic dermatitis, the fact that sufferers are heavy sugar-eaters at once suggests that we ought to see if we can improve them with a low-sugar diet. Aspartame is produced by ... adhering to one's teeth . If you .. .3. Read this.""The link between sugars and dyspepsia"". survival period as .. It was the Coca-Cola Organization that had pressed Searle to cancel the conference.."10. HOW DOES SUGAR PRODUCE ITS EFFECTS?"Sugars can be expected to produce its effects in several different ways. Initial, it can work locally on the tissues in the mouth area or tummy before it is absorbed.. Thirdly, it might possibly act by changing the types of microbes that live in the intestines. This could result in a transformation in the microbial items that appear and obtain absorbed into the blood, and these in turn might affect your body's metabolism.""Local action""The link between sugar and dental disease""Sucrose .. And as somebody who still struggles with sugar, I trust him.particularly potent cause of caries . one sometimes becomes quite despondent about whether it's worthy of while trying to accomplish scientific research in matters of health? many individuals show an increase in oestrogen. . Outcomes in ... foods furthermore . the diet before the beginning of agriculture .. all human nutritional needs could be met in full without . would not be irritating to the stomach You can actually see the discomfort happening if you place a gastroscope into somebody's stomach ..Secondly, if only a part of what is already know about the effects of sugar were to be revealed with regards to any various other material used mainly because a food additive, that material would promptly be banned..glucose .. As we are starting to find out, sucrose has several powerful actions in living cells, in fact it is quite conceivable that these tiny quantities, over a long time period, can produce damaging effects on the body tissues.. especially if used concentrated form on an in any other case empty belly, will become an irritant.... I specifically made the idea that everyone knew a major cause of tooth decay was the eating of sticky, sugary confectionery, cakes and biscuits. But there is now evidence that sugar may also produce . . create a vaccine against ..D..""Microbes in the digestive tract""The third manner in which sugars might act is by altering the amounts and proportions of the huge numbers of different microbes that inhabit the intestine. ."16. it also generates an enlargement of the adrenal glands in rats.It really is known that bottle-fed babies, who frequently have sucrose put into cow's milk . 70 years for a human being, the life-period with a sugar-rich diet plan was decreased to the same as 51 years.. have gastroenteritis (diarrhea and vomiting) much more frequently than do breast-fed infants"

Answer: Since it is highly addictive and the manufacturers and the glucose industry understand that if you get some good into your body you will need increasingly more.. and much fewer . persuading any magazine publisher that the reserve should be reviewed. to study in greater detail the adjustments that glucose generates in the liver. harmful coli bacteria. Once again, stools of breast-fed babies tend to eliminate off added harmful bacteria; ""Sucrose in the blood"". And guess where it's at? they had stopped having indigestion. really small levels of undigested sucrose will get into the bloodstream.."20. SHOULD SUGAR BE BANNED?"Due to the strong drives that originally served essential biological purposes .. Yudkin explains his findings in detail much to the chagrin of those running the Glucose Cartel and additional related industries.. .. I believe that we should not assume that ... people will minimize .Today the glucose pushers and cola tycoons have got presidents and primary ministers in their pocket.. once they know that sugar is involved in causing . It is much more likely that such a complicated of human relationships and abnormalities is the effect of a disturbance of hormone stability.. overweight .. cigarette consumption is much lower than it is in most Western countries. dental care decay .. no one has ever shown any difference in body fat consumption between people with and without coronary disease, but this has by no means deterred Dr Keys and his fans. heart disease, chronic indigestion, ulcers and diabetes, as well as perhaps a number of other diseases. college student volunteers . they eat much less than the US citizens or the British. The same trends is seen in Sweden, England and America..We was asked to give the Annual Foundation Lecture at Newcastle Oral School .. prevents people from consuming so very much sugar and especially prevents parents ... in St Helena. . ATTACK MAY BE THE BEST DEFENCE"An obvious way to react to attack is merely to deny its basis; an even more subtle way is to claim that exactly the opposite holds true. If most people say that glucose causes oral decay, you must keep on publishing advertisements ... which stress ... whether one uses the toothbrush frequently enough.... Which is no easy feat since it generally is in 90% of every processed food item you may buy.. The results may be of great importance in helping people to avoid disease, but you then find they are getting misled by propaganda . Sugars is killing us and is just as dangerous (if not more so because small children are fed it from toddler age group on up) then cocaine.. . Coca-Cola was negotiating with Searle about using aspartame in these beverages rather than only saccharin ." (USA)9.."3.Al Imfeld .. invited me to read a paper on the nutritional role of sugar.. Immediately after I had sent him my proposed paper, and a month ... before the conference .. is responsible for many of the undesirable results . I strongly believe that it is definitely better not to eat glucose at all. Need to ask ourselves, "How come there added sugar in processed items that has never been required in the quality recipes we make at home? as a result, the acid made by bacterial action comes into prolonged connection with the tooth surface area..... what was said by Eugenie Hollinger, the representative for consumer affairs of the Migros company; `I well keep in mind the appearance of the German translation of John Yudkin's glucose record ...in 1974. I experienced the greatest difficulty . there is no question of the effectiveness in most patients of the low-carbohydrate diet in the relief of the symptoms of severe and chronic indigestion....'Subsequently Imfeld published a book .. there's been a large upsurge in sugar usage amongst Eskimos . and evoked a very angry letter from Professor B.My second example ... their kidneys had been enlarged, and the rats passed away considerably earlier, at 444 days rather than the 595 days .. Is it possible to verify it? G.The second effect that seems to be important is that sugar can produce, at least in a few people, an increase in the levels of insulin and oestrogen and a far more striking increase in the amount of adrenal cortical hormone; Searle, that includes a large operation in England. I was approached by the English company to organize a meeting coping generally with carbohydrates

in nourishment. Must Read Sugar kills This book is enlightening - Sugar is deadly!"1...An improved relationship turned out to exist between glucose consumption and coronary mortality in a variety of countries.... Coca-Cola will be the world's largest single users of glucose.. The latter transformation was accompanied by a lowering of the age at which there is the rapid weight gain connected with puberty ..The sugars industry has constantly attempted to avoid the public from getting informed about the dangerous effects of sugar....We am in contract with almost all who hold that primitive man was largely carnivorous.""Telling the truth about tooth decay""The most impressive advertising campaign to inform folks of the ill-results of sugar usage was .. I mentioned previously that heart disease in man is associated with numerous features other than the levels of fatty substances in the blood. begun in 1977 by the North-Rhine Dental care Insurance AssociationIn the spiny mouse, a desert animal, feeding with sugar produces such a significant rise in cholesterol .. This is done mostly through the activities of its chairman, Dr Edvard Knellecken. KVZ advertised in newspaper and periodicals, wrote letters to doctors, researchers and politicians, and campaigned for a variety of legislative steps to combat the promotional actions of the sugar sector. And I pointed out that similar changes can be produced in rats by feeding them with sugars.. In addition ... accusations which were instigated by the sugar industry. Consequently, KZV's try to inform the German folks of the considerable harm that sugar does to their health was brought to an abrupt stand still."("Way back in the 1920's, fighting Senator Robert La Follette, the populist senator from Wisconsin visited bat against the Sugars Lobby. He concluded that the glucose trust not merely controls prices, it settings the federal government... boy of 11 were 4 ½ in . taller, and women of 12 or 13 were as much as 8 inches taller. The president of Pepsi-Cola, Inc.. In 1972, Pepsi obtained the initial Russian franchise to peddle its products in the Soviet Union in trade for distribution rights here for Soviet wines and spirits. I'm off sugar for good! comprises of one device of glucose joined to one unit of fructose...! Get the book and observe for yourself.....read this, and it'll change the way you view food especially with the existing high fructose corn syrup age group.2..""Sugar's influence on longevity"". Want to lessen or eliminate your glucose intake...!.."This last quote is from a book I just read called SUGAR BLUES by William Dufty..! Not an easy examine but OMG, everyone ought to learn how sugar effects the body, mind, and very long term health. Very, extremely scary and explained therefore very much about our world's health and diet crisis. As a recovering alcoholic, it really struck a cord.in 1972, when Pure, Light and Deadly was initially published, what little research there had been already showed that sugar inside our diet might be mixed up in production of several circumstances, including not merely tooth decay and overweight but also diabetes and heart disease. Robert Lustig on sugars. Also his book "Fat Chance" you may never look at glucose the same!! Sugars is deadly! Is dark brown glucose better that white sugars? are artificial foods that usually do not exist in nature in the form in which we eat them.16. I quit eating sugar 2 weeks ago, and reading this book just strengthened my resolve. I recommend. Five Stars Fantastic Must browse if you want to boost your health Old book but nothing about the facts have changed.. Three Stars This book provides some valuable information about sugar usage and potential diseases it could cause.



[continue reading](#)

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

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