

Pure, White and Deadly



HOW SUGAR IS KILLING US
AND WHAT WE CAN DO
TO STOP IT

JOHN YUDKIN



THE
CLASSIC
MEDICAL EXPOSE
FROM A NEW PERSPECTIVE
BY CAROLYN KAMAROFF
WITH ROBERT LUSTIG, MD

John Yudkin

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Sugar was killing me personally and it took a year to get over the major cravings. Exposes the reality about eating sugars and how the sugar sector fights to maintain those specifics hidden.. No other modification to my diet plan or exercise. Just removed white sugar. Which can be no easy feat as it generally is in 90% of each processed meals item you might buy. Have to ask ourselves, "How come there added glucose in processed items which has never been required in the quality recipes we make at home? All this points to the possible function of sugar in producing childhood weight problems. Getting off of sugars was like just getting off of an opioid.. Took a season to finally eliminate the major cravings. Sugars is eliminating us and is just as dangerous (if not more so because little children are fed it from toddler age on up) then cocaine. By the way. Sugar works quicker than any other food to carefully turn your appetite down, change energy up. A Must Read I ordered this reserve after reading an online NY Times Magazine article entitled "Is Sugars Toxic", and I plan to order several more copies to provide to the people I really like. This book traces the annals of sugar, how sugar is definitely refined, and the many effects it has on body chemistry. Due to my family health background, of particular interest if you ask me may be the connection between sugars and coronary disease, since many of us remain under the old assumption that saturated extra fat is what we need to worry about. This publication disputed that notion forty years ago, and is finally becoming accepted as mainstream research today, but old research dies hard. The same tendencies is seen in Sweden, England and the United States. Yudkin shares from the 1970's about the dangers of sugar is super-relevant right now with this soaring diabetes prices and other health issues... In this case, it is the Sugar Cartel that lobbied against his discoveries, marginalized his analysis and produced him to look like a quack." "Harm to the skin" "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. Everyone worried about their personal health and the health of themselves must read this reserve. Refined and unrefined. But Dr.. Get the publication and observe for yourself. Very eye-opening and an excellent perspective builder... Also his publication "Fat Chance" you may never look at sugar the same! `Until it really is accepted that caries is usually an illness caused not by glucose but by the action of bacteria on sugar, effort will continue to be expended in preaching deprivation that few patients will ever practice .He stated that if he had the power to take action, he'd ban all processed sugars including cane glucose. And as someone who still struggles with glucose, I agree with him.. are all artificial foods that do not exist in nature in the form in which we eat them.?. They understood this back in 1972 !!. We are therefore getting screwed ! possess gastroenteritis (diarrhea and vomiting) much more frequently than do breast-fed infants ! Underneath line: Scientific evidence as early as the 1960's indicated that sugar was toxic for individuals and the Sugars Industry countered by telling us the exact opposite and then did it's best to suppress upcoming evidence based information from being disseminated.. WHAT'S SO DIFFERENT ABOUT Sugars? HOW TO EAT MORE CALORIES WITHOUT EATING REAL FOOD" More recent proof comes from the united states..2. I eat it because I love it.. In our research we found a very substantially higher sugar consumption in the individuals with coronary disease .4... Is brown glucose better that white sugars?. I by no means thought that glucose could be linked to cardiovascular disease as We was indoctrinated, like the majority of people, to believe that heart disease is about taking in meat, butter and other fat-laden foods, only.7. Not only sugar is sweet.8..9. Terms mean what you want them to mean." 18. 70 years for a individual, the life-period with a sugar-rich diet plan was decreased to the same as 51 years.! How exactly to eat more calories without eating real meals."2. Can you prove it?. increased usage of snacks

and decreased consumption of fruit and veggies. 14. Eat glucose and see what happens. 15. particularly potent reason behind caries . 16. A discomfort in the middle. 17. A host of illnesses. 18.. 19. How does glucose produce its effects?. produce a vaccine against .both Masai and the Samburu consume virtually no sugar. what was said by Eugenie Hollinger, the representative for consumer affairs of the Migros company;***** (SPOILER ALERT!!!..In the past a decade .in 1972, when Pure, White and Deadly was initially published, what little study there had been already showed that sugar inside our diet plan might be involved in the production of several circumstances, including not merely tooth decay and overweight but also diabetes and heart disease. Since that time analysis has produced further evidence that sugars is implicated in these circumstances, and has also added to the list. discovered that the insulin level in fasting blood increased by about 40 percent after two weeks on the high-sugar diet plan; I am frequently asked why we don't hear very much about the dangers of glucose, while we are constantly being told we have too much fat in our diet, rather than enough fibre.. Aside from increased insulin and adrenal hormone . From page 79: "I believe that the best diet for the human species is one produced up so far as feasible of the foods which were available in our hunting and food-gathering days.. all human nutritional needs can be met in full without ... sugars. They asked for a taxes to be placed on glucose itself, and on all sugar-rich food and drinks, as there is normally on tobacco and alcohol. enzyme activity was elevated nearly three-fold. This may result in a modification in the microbial items that appear and get absorbed into the bloodstream, and these in turn might affect your body's metabolism. 12. .. the dietary plan before the beginning of agriculture .. And sugar also resembles alcoholic beverages and tobacco in that it really is a material for which people rapidly create a craving..In reviewing the subject of sugar and cardiovascular disease, Dr Ahrens wrote that the epidemic of cardiovascular system disease `continues to increase on a world-wide scale in rough proportion to the increase of sucrose intake but not in proportion with saturated-fat intake'... Sugars AND OTHER CARBOHYDRATES"Sucrose .At the moment, we are suggesting that the reasons have to do with the level of glucose in the blood.. comprises of one device of glucose joined to one unit of fructose... Heart disease can be quite common in that island. Everyone needs to go through!! But there is now evidence that sugar may also produce . the fructose part ... is in charge of most of the undesirable results ..In America, especially, a rigorous advertising and pr campaign has been around progress for quite some time to convince the public that sugar has nothing in connection with getting fat.."4.."5. IS BROWN SUGAR MUCH BETTER THAN WHITE Glucose? Which relief was observed ... You'll have guessed, I am certain, that it was by giving them lots of sticky sweets. Want to reduce or eliminate your sugars intake. REFINED AND UNREFINED ".. Yudkin explains his findings in detail much to the chagrin of those running the Glucose Cartel and other related sectors. KVZ advertised in newspaper and publications, wrote letters to doctors, researchers and politicians, and campaigned for a range of legislative measures to combat the promotional activities of the sugar sector...Whatever is ultimately shown to be the cause of these cancers, the truth is that a high usage of sugar can produce an increased blood focus of both these hormones - insulin and oestrogen." 10.. about the presence of nutritional deficiencies."8. We've an obesity issue and sugar is among the major causes."Between 1974 and 1983 the usage of Great Fructose Syrup increased from 3 to 43 pounds a head; almost all of this was found in food manufacture...." (USA)9. Phrases MEAN WHAT YOU NEED THEM TO MEAN"Almost every book written by people in or associated with the sugar sector contains a section where you are told how important sugar is basically because it is an essential component of your body.. rats fed

the low-protein high-sugar diet plan had a considerable amount of myopi...When the term 'sugar' is 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. NOT MERELY SUGAR IS Lovely"The noncaloric sweeteners have no chemical relationship to the sugars. 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's either sugars or starch . we shall have to await others to consider it up.5.These carbohydrate-wealthy foods . in St Helena.. WHAT? individuals with gout were acquiring appreciably more sugar than the control topics .. The cancers that appear most likely to be related to sugar usage are cancers of the huge intestine in males and in women, and cancer of the breasts in women.. And when a lot of people say that sugars makes you fats, you attach a campaign where you claim that actually sugar makes you slim.. This observation recalls our discovering that sugar produces an enlargement of the adrenal glands in rats. they state it actually really helps to make you slim ...This is a quote from a sugars market advertisement: 'Willpower fans, the search is over! And imagine where it's at? In sugar! I have had no pain (except for unintentionally ingesting some) from my fibromyalgia since I quit sugar on November 3, 2013.'"The link between glucose and dyspepsia"' . " 1 1."Upgrade: Since this publication 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:TABLE OF CONTENTSIntroduction I.. Dr.... sticking with the teeth ."This last estimate is from a publication I simply read called SUGAR BLUES by William Dufty. Coronary thrombosis, the modern epidemic.. . large amounts of glucose.The sugar industry has constantly attempted to avoid the public from becoming informed about the dangerous effects of sugar. CAN YOU PROVE IT"Some anthropological authorities consider the view that man has been a meat-eater for many millions of years, they do not have an exact picture of what he ate and specifically just how much he ate of each food. . it also creates an enlargement of the adrenal glands in rats."Disease of the liver""Most recently we've been working .." 1 5..We am in agreement with almost all who hold that primitive man was largely carnivorous.... One can be that glucose creates an enlargement of the liver and kidneys of our experimental animals, not only by making all of the cells swell up just a little, but by actually increasing the amount of cells in these organs... Keys's evidence. Numbers for coronary mortality and unwanted fat consumption existed for many more countries than the six described by Keys, and these additional figures did not seem to match the beautiful straight-line relationship - the more body fat, the more heart disease - that was obvious when only the six selected countries were considered. ...An improved relationship turned out to exist between glucose consumption and coronary mortality in a variety of countries. .. no-one has ever demonstrated any difference in body fat consumption between people who have and without coronary disease, but this offers by no means deterred Dr Keys and his fans.. "First, there is absolutely no physiological requirement for sugar;... This is simply not as the inhabitants eat a whole lot of excess fat; they eat less compared to the Americans or the British. It isn't because they're physically inactive;... the common sugar intake in St Helena is just about 100 pounds per person a year. . were given a high-sugar diet ..'Subsequently Imfeld published a book . No more is there the incidence of nutritional deficiency ...21... They let you know that it is oxidized in order to give energy, that it is a key material in all sorts of metabolic procedures, and so forth. Sugar and other carbohydrates.... ..."3. This fact gave Coca-Cola the chance to suggest that their decision could rely on whether Searle proceeded with the conference, which would unquestionably have publicized new study on the ill-effects made by the intake of sugar... The time had

arrived, there-fore, to begin with to do some experiments to discover what effects were produced by sugar in the diet. Inside our first laboratory experiment, we looked to see what sugars did in rats ... I've given up sugars for over a season now (I found it was triggering my fibromyalgia) and lost 40 lbs. We discovered that the quantity of triglyceride in the bloodstream was enormously and quickly improved when rats ate sugar.. The controllers suppressed Dr..... .. the amount of the adrenal hormone, nevertheless, increased quite definitely more, to between 300 and 400 percent of the initial value... these fatty materials supply the blood a distinctly milky appearance. Everyone should go through this to understand the damage sugar is doing to them! ... When there is absolutely no carbohydrate, little if any caries is created. ... The experiments were with monkeys, which were encouraged to develop tooth decay . Rats fed high-sugar diets for some months show most of these features. Coca-Cola will be the world's largest one users of glucose. Where sugar originates from..It really is known that bottle-fed infants, who often have sucrose put into cow's milk . very small levels of undigested sucrose can get in to the bloodstream.. There is one reasonable reason behind the high incidence of coronary disease; sugar-fed rats develop abnormalities in the way that the pancreas creates insulin. ... from ruining the fitness of babies and kids...We found substantially more cholesterol and triglyceride in the aortas of rats taking in the sugar diet than in those feeding on the starch diet. We also viewed the effect of adding saturated fats or unsaturated fat to the diet, and discovered that it produced no difference to the fatty substances in the aortic tissue. to see what changes in diet affect the teeth."Because of the solid drives that originally served essential biological purposesIn the spiny mouse, a desert animal, feeding with sugar produces such a significant rise in cholesterol .The sugar people let you know not only that glucose does not make you fat; "Sugar's influence on growth . If you cannot get through this publication I'd recommend viewing the YouTube video by Dr.Our look at, then, is that the underlying cause of coronary disease is a disturbance of hormonal balance." I. Yudkin's work ought to be praised for his tireless initiatives and his analysis... to study in more detail the changes that sugars produces in the liver.. ... TOO MUCH BLOOD SUGAR - OR TOO LITTLE"There are several reasons why I believe that eating an excessive amount of sugar is one cause of diabetes.... First there is the epidemiological evidence. Much of it parallels what I've currently cited for coronary thrombosis... I especially made the idea that almost everyone knew a major cause of tooth decay was the feeding on of sticky, sugary confectionery, cakes and biscuits. `I well remember the looks of the German translation of John Yudkin's sugars report ... there is now quite a lot of experimental proof that sugar may make diabetes. ... it just requires the standard consumption of sugar every day for two or three weeks to make a significant reduction in glucose tolerance, and in susceptible people a significant increase in the insulin focus in fasting blood.... 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 dietary plan. A Discomfort IN THE CENTRE"I had been involved in the study of obesity Specifically, insulin, cortisol and oestrogen affect many of the body's features and much of the body's chemistry. You can actually see the irritation happening if you put a gastroscope into somebody's belly .Al Imfeld ."16. ...We began several years ago to treat people with diets restricted in carbohydrate. ..)*****INTRODUCTION"..... . it really is agreed that obesity occurs in bottle-fed babies much more commonly than in the breast-fed. The dietary plan allows you to eat just as much as you like of meat, fish, eggs, leafy vegetables After a few weeks ... I go back to these questions and I find, for example, that, having lost some weight, they aren't so short of breath, not so tired, haven't any pains in their

hip joints, no longer have problems with swollen ankles at the end of the day. ...All of these changes I expect, but ... many of them also stated .. just because they have often taxed tobacco and alcoholic beverages. they had halted having indigestion."... nearly from the moment that they had started the low-carbohydrate diet..... If a lot of people say that glucose causes oral decay, you must keep on publishing advertisements . My interviews with overweight patients begin with general questions about health ..The next effect that seems to be important is that sugar can produce, at least in some people, an increase in the levels of insulin and oestrogen and a far more striking increase in the level of adrenal cortical hormone;.. The sugar-rich diet increased the acidity by 20 percent . Who eats sugar, and just how much? Very, very scary and explained so much about our world's health insurance and diet crisis... A BUNCH OF DISEASES"I now want to chat of several quite unrelated conditions where there is evidence . I believe that we shouldn't assume that .. that sugars might ..My second example . be involved. boy of 11 were 4 ½ ins taller, and young ladies of 12 or 13 were as much as 8 inches taller... Plus they imply or even say explicitly that all this is related to `sugar' (sucrose), whereas in fact they have been discussing `blood sugars' (glucose). .. . maturity""Among the top features of affluent countries is the nutritional condition of their babies and young children. Yudkin as they have already been doing for several years when someone reveals truths that influence a specific industry.... Yet withdrawal symptoms and cravings.... there is a little but quite significant modification in their refraction . one sometimes becomes quite despondent about whether it's worth while trying to do scientific research in matters of health?" 14.... Doctors possess known for some time that diabetics create a mild but obvious degree of short-sightedness if their bloodstream sugar isn't properly controlled ..I have mentioned previously (p. 110) that serious adjustments occur in the retina of the attention in diabetes. And I remarked that similar changes could be stated in rats by feeding them with sugars. cow's milk to which ordinary sugar is added... along with an increase in triglyceride. More than one third of British adults over 16 have had every one of their teeth extracted.... hardly occurred in prehistoric occasions, prior to the launch of agriculture and the great increase of starchy foods . I've done enough analysis of fitness and nourishment that pointed me in the path to find the book and research it.. I can't say enough good things about this book. Cohen.... .13.. I mentioned earlier that heart disease in man is associated with a number of features other than the levels of fatty chemicals in the blood. ... Diet plans with any sort of sugar produce a lot more caries, and the most `cariogenic' sugars is sucrose....We was asked to give the Annual Base Lecture at Newcastle Teeth School ... It isn't because they smoke a lot;.. such a diet plan more carefully resembles what our ancestors ate during at least two million years of development . It is much more likely that such a complex of romantic relationships and abnormalities is caused by a disturbance of hormone stability.The lecture was published ... and evoked a very angry letter from Professor B.Many experiments have already been done ..3.. He wrote; He didn't have all the answers, but his study proved that something was amiss and he just wanted to know the truth.... Professor Cohen was at that time carrying out research designed to ... Should sugar end up being banned? CORONARY THROMBOSIS, THE MODERN EPIDEMIC" Right from the start, a few people were just a little uneasy about Dr.. I recommend.an boost in blood pressure, a deterioration of the body's efficiency in dealing with high amounts of blood glucose, a switch in the properties of the bloodstream platelets, and a switch in the amount of insulin in the bloodstream.20... I visited the laboratory soon after my lecture, and I don't suppose I have to tell you how dental care decay was induced in the monkeys. I strongly believe that it is better not to eat glucose at all. Basic propagandizing by a couple of idiots with big egos. Although

the effect look promising, we have not been able to keep our research; "Harm to the joints" ... As I've said elsewhere, folks are not likely to get fat if they make up their diet mostly from the foods which were available to our prehistoric ancestors, like meats, seafood, eggs, fruit and veggies and far fewer .. "Is there a connection between sugar and cancer?" The evidence at present comes chiefly from a report of international statistics and takes the proper execution of an association between the average sugar consumption in different countries, and the incidence of several particular types of cancer.. . Among the reasons for this specific study was a written report, as long ago as 1949, that not merely alcohol but also sugars can create fibrosis of the liver - that is, an boost in the sort of 'scar cells' that precedes the development of cirrhosis of the liver...6....So what should we eat?. .. Furthermore ."7.10. DOES SUGARS ACCELERATE THE LIFE SPAN PROCESS - AND Loss of life TOO?... . There is, nevertheless, hardly any heart disease included in this.. EAT SUGAR AND SEE WHAT GOES ON"By the early 1960's I experienced decided that there was enough evidence from epidemiology to suggest that sugars might be one of the causes of coronary disease. Instead, there can be an appreciable amount of fat children ...Among the characteristics of these overweight babies and children is that their development high is accelerated as well, and they have a tendency to reach maturity early..... the reduction in the age group when children reach maturity..Between 1938 and 1968 the . Coca-Cola was negotiating with Searle about using aspartame in these drinks rather than only saccharin ."Damage to the teeth"Every year, millions of teeth are extracted by dentists take . . contain added sugars..." Answer: Since it is highly addictive and the manufactures and the sugar industry understand that if you get some good into your body you will want a growing number of."21... I EAT IT BECAUSE I LOVE IT"Legislators in lots of countries have frequently taxed sugar . wouldn't normally become irritating to the tummy ..During the past 130 years this at which Norwegian girls have reached puberty has fallen by almost exactly four years, from typically 17 years to typically 13 years. Another quality researcher suppressed by those in power The info that Dr. It's been suggested that cancers of the bowel may be the effect of a high focus of insulin in the bloodstream .."Telling the reality about tooth decay" The most impressive marketing campaign to inform folks of the ill-results of sugar usage was .Inside our own experimental work, we've made .("Way back in the 1920's, fighting Senator Robert La Follette, the populist senator from Wisconsin visited bat against the Sugars Lobby.. observations that support the suggestion that glucose outcomes in early sex maturity... especially if taken in concentrated type on an usually empty stomach, will become an irritant. there has been a large upsurge in sugar usage amongst Eskimos What's therefore different about sugar?. height of ..."Damage to the eye" The latter change was along with a lowering of this at which there is the rapid weight gain associated with puberty .."17."20... which stress . sugars produced bigger livers containing more body fat their kidneys were enlarged, and the rats died considerably earlier, at 444 days instead of the 595 days In the event that you . Most of the canned baby foods . Good info to know Very few people understand how deadly sugar is.. WHERE SUGAR COMES FROM "Like the cereals, sugar cane belongs to the grass family members.. survival period as ... Sugar's calories make you thin - they state."19. The famous kitchen debate between former Vice President Nixon and Premier Khrushchev in Moscow in the 1960's was in large component a promotion stunt to photograph the premier with a bottle of Pepsi-Cola."Sugar can be expected to create its effects in several different ways.. Secondly, it can act after it's been digested and absorbed into the bloodstream stream. Thirdly, it could possibly act by changing the types of microbes that reside in the intestines.Second of all, if only a part of what is already know about the

consequences of sugar had been to be revealed with regards to any various other material used simply because a food additive, that material would promptly be banned." "Local actions" "The link between sugar and dental care disease" "Sucrose ... An excessive amount of blood sugar - or too little... In various other species, however, sugar was found to create an increase in the quantity of cholesterol . Results in .. . foods Imfeld wrote to state that the meeting had been cancelled and that he had been dismissed from his work . Spoil your urge for food with sugar, and you could develop willpower.... Formula for the bottle-fed baby is certainly ... cancer of the breast has been associated with the female sex hormones, specifically oestrogen....sugar .It really is difficult to believe that wide range of abnormalities observed in heart disease can arise basically 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 bloodstream... More than this, a disturbance in the experience of one or even more of these hormones generally leads to a disturbance in the activity of one or more of the other hormones..... It has additionally been shown that the stools of breast-fed babies contain a lot more harmless lactobacilli . "General actions" "In trying to comprehend how sugar could be involved with causing so many diseases and abnormalities, two outcomes of our function have especially impressed me. I really believe that the best diet for the individual species is one made up so far as possible of the foods which were available in our hunting and food-gathering times.. ..The results showed that fourteen days of a sugar-rich diet causes a rise in both acidity and digestive activity.." "Microbes in the digestive tract" "The third manner in which sugar might act is definitely by altering the amounts and proportions of the large numbers of different microbes that inhabit the intestine....We am increasingly inclined to trust that the clue to coronary illnesses is based on a disturbance of the hormones of your body....!.. there is no question of the effectiveness generally in most patients of the low-carbohydrate diet plan in the relief of the symptoms of serious and chronic indigestion..... dangerous coli bacterias., became President of the Nixon Base after his lawyer became President of the United States. those from bottle-fed infants allow them to multiply." "Sucrose in the blood" ".. dental care decay . . As we are beginning to discover, sucrose has several potent activities in living cells, in fact it is quite conceivable these tiny quantities, over a long time period, can produce damaging effects on your body tissues.. SHOULD Glucose BE BANNED? in teenagers, sugar raises the level of cholesterol in the blood, and especially raises the level of triglycerides..... people will minimize .. First, it can work locally on the cells in the mouth area or tummy before it really is absorbed. once they understand that sugar is involved in causing . "Sugar's effect on longevity" .. overweight . Nixon had been Pepsi's lawyer.... Kick sugars to the curb. cardiovascular disease, chronic indigestion, ulcers and diabetes, and perhaps a number of other diseases. also develop enlarged adrenal glands.. than we found in the control subjects.Eventually, I feel, it will be essential to introduce legislation that . . I suggest that might be at least portion of the answer in the last chapter of this book. prevents folks from consuming so very much sugar and especially prevents parents ... furthermore .. ATTACK MAY BE THE BEST DEFENCE"An obvious way to respond to attack is simply to deny its basis; an even more subtle method is to claim that precisely the opposite holds true. Working with young men, we were able to persuade seven of these to swallow a gastric tube very first thing each morning..... whether one uses the toothbrush frequently enough.. we completed a further experiment to check out the effect of sugars in a standard diet.... The results could be of great importance in helping people to avoid disease, but you then find they are getting misled by propaganda .. "Fossil evidence shows that the condition now known as `dental caries' .." 12. Excellent book

and very enlightening!.. It really is then not difficult to imagine that the result might well become the laying of the foundations of more than one disease. The person from Searle who for weeks had been producing the manifold technical arrangements for the conference explained the news about the cancellation .. invited me to read a paper on the dietary role of sugar. Immediately after I had delivered him my proposed paper, and per month ... before the meeting . St Helena is incredibly hilly and there is quite little mechanical transport.. as a result, the acid made by bacterial action comes into prolonged connection with the tooth surface. Sugar is deadly!.... Assault is the best defense."In addition ...in 1974. I had the best difficulty .. Two weeks roughly prior to the meeting was to take place, it had been cancelled. persuading any newspaper publisher that the reserve should be reviewed. They were all scared of an marketing boycott by the affected meals sector and distributors. The Masai and Samburu are two tribes in East Africa that live extremely largely on milk and meat, and thus have a very high consumption of animal fat... which strongly indicts the world-wide activities of the sugar market and explicitly highlights the part it played in causing the abandonment of the Institute's original conference and the increased loss of his work... student volunteers . Aspartame is certainly produced by ?. G.D. Searle, that includes a large operation in England. I was approached by the English organization to organize a meeting dealing generally with carbohydrates in nutrition... Sugar has shown to be often even more addictive than cocaine..... It was the Coca-Cola Business that got pressed Searle to cancel the conference. . .Another experiment many sufferers show an increase in oestrogen..... begun in 1977 by the North-Rhine Dental care Insurance Association ... or KZV. Does glucose accelerate the life process - and death as well?. cigarette consumption is much lower than it is generally in most Western countries. This is done mainly through the activities of its chairman, Dr Edvard Knellecken. ... refined sugar is the genuine carbohydrate sucrose. .."13.. Sadly, the actions of the KZV were interrupted when Dr. Knellecken was accused of economic fraud ... accusations which were instigated by the sugar industry. Consequently, KZV's try to inform the German people of the considerable harm that sugar does with their health was brought to an abrupt stand still.. He figured the sugar trust not only controls prices, it handles the government. Today the sugars pushers and cola tycoons possess presidents and primary ministers within their pocket. HOW Will SUGAR PRODUCE ITS EFFECTS?. The president of Pepsi-Cola, Inc. Once again, stools of breast-fed babies tend to kill off added parasites; In 1972, Pepsi acquired the first Russian franchise to peddle its products in the Soviet Union in exchange for distribution rights here for Soviet wines and spirits. increased consumption of carbonated drinks and decreased usage of milk; It could easily be within a public library or here on Amazon at under \$5. 'Veritas vos liberabit' Canoeist 5/2012)... WHO EATS SUGAR, AND JUST HOW MUCH? Knowledge is power. Excellent wow the reality about sugars and it's really deleterious effects on human physiology...browse it, and it'll change the way you view meals especially with the current high fructose corn syrup age group..."6. Read this. Must Read Sugar kills This book is enlightening - Sugar is deadly! I !. I'm off sugar once and for all! There is reason to trust .. Not an easy browse but OMG, everyone should learn how sugar effects your body, mind, and very long term wellness.. As a recovering alcoholic, it certainly struck a cord.. Robert Lustig on sugar. Instead, he was suppressed and made to appear to be a fool by those in power for concern with losing profits!! Moreover, while the liver of the rat turns into enlarged by some 25 percent, the liver of the spiny mouse increases to twice its normal size when the dietary plan contains sugar.. Very eye opening. I quit feeding on sugar 2 a few months ago, and scanning this book only strengthened my resolve. caries-causing Streptococcus mutans. Five Stars Fantastic Must browse if you want to improve your

health Old book but nothing at all about the reality have changed. The most fascinating part may be the fight by the sugar market to exclude the info. Three Stars This book provides some valuable information regarding sugar usage and potential diseases it could cause.



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