



"Compelling . . . Perhaps  
at long last, sugar is getting  
its just desserts."  
—*The Economist*

# The Case Against Sugar

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**GARY TAUBES**

Bestselling author of *Why We Get Fat*

*Gary Taubes*

## **The Case Against Sugar**



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From the best-selling author of *Why We Get Fat*, a groundbreaking, eye-opening exposé *Among Americans*, diabetes is more prevalent today than ever; which makes the convincing case that sugar is the tobacco of the new millennium: supported by powerful lobbies, entrenched in our lives, and producing us very sick. obesity reaches epidemic proportions; He clarifies what research has shown about our addiction to sweets. and the perspective necessary to make educated decisions about glucose as people and as a culture. With his signature order of both technology and straight talk, Gary Taubes delves into *People in america'* history with sugar: its uses as a preservative, as an additive in smoking cigarettes, the modern overuse of high-fructose corn syrup. nearly 10% of kids are thought to have nonalcoholic fatty liver disease. He clarifies the arguments against sugars, corrects misconceptions about the partnership between sugar and weight loss; And sugar is at the root of these, and other, essential society-wide, health-related problems. From the Hardcover edition.



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Taubes Delivers Shot Across The Bow Challenging Big Sugars With Facts And History If an investigative journalist could choose any other career to use their talents and presents, then it would most likely be that of an attorney. Insane.)" "Eat much less and exercise even more" includes a history of failure, but intensely promoted by the sector with massive publicity attempts over many years. But the the truth is the role glucose plays in your health goes so much deeper than their caloric impact, particularly for those people who have insulin resistance where the damage is performed. For fans of Taubes who have read his two previous nutritional health classics--Good Calories, Bad Calories: Fat, Carbs, and the Controversial Science of Diet and Health One of the excellent factors Taubes makes in the event For Sugar that may hopefully begin a public conversation of the concept is the contemporary argument against sugar offers everything to do with "empty calories" they supposedly contain and not the hormonal effects it is having on our anatomies. He explains how we surely got to where we are today and places the principal blame for the primary instigator of just about all contemporary disease on sugar. In The Case Against Sugar, Taubes takes direct aim at the biggest culprit carb that's plaguing the fitness of those coping with obesity, diabetes, heart disease, cancer, and more--it's SUGAR! Since the publication of The Case For Glucose, we've now discovered that The Sugar Association paid Harvard researchers to squelch the bond between sugar and cardiovascular disease and vilify saturated fats. Taubes provides historical background of opposing views pretty, with small condemnation, though very much activity of sugar industry representatives might have been judged criminal. After scanning this reserve, you can still select to eat sugar. Sugar has become so pervasive in our food supply that it's next to impossible to discover anything to eat it doesn't have sugars in it (even spaghetti sauce, baked coffee beans, yogurt, BBQ sauce, ketchup, fruit juice.. Though I have studied nutrition and endocrinology for many years, that is not my main curiosity. That is my understanding of THE HACKING OF THE AMERICAN MIND by Robert Lustig: Sugar gets the same neurohormonal paths in the mind as opioids.). As I just noted, sugar has become so ubiquitous in our society given that people don't also think twice about consuming it while simultaneously greatly fearing dietary fat as something they shouldn't consume. That is WHY WE GET FAT. Some individuals might scoff at the idea that we need an entire book all about the dangers of consuming glucose claiming that it's obvious to most people that sugar is not good for you. It's fairly easy to see why The Case Against Glucose is needed now as part of your before. (Read the September 12, 2016 NY Times column on this topic entitled "How The Sugar Industry Shifted Blame To Fat": Google the title and you'll find it!) If you're familiar with the work of Taubes, he moves very deeply in to the subjects he writes about to get to the core of the primary issues at hand. Why We Get Fat: And How to proceed About It--you know his position in the adverse implications of carbohydrates about the current state of chronic disease and health decline. If these two books are an excessive amount of for you, try a fun but scientific publication by Denise Minger: DEATH BY FOOD PYRIMID. But at least you'll be armed with information about the entire picture on this subject rather than the one-sided look at we've handled for days gone by 50 years. Or, as I love to refer to them, crappy carbage! and 2. This publication has been sorely necessary for many years and Taubes is the perfect author to articulate what needs to be shared as just he can. They could hardly be worse. Methodically looking through all of the faulty science used to guard sugar, Taubes again goes into bulldog mode pulling back the curtain in the Wizard of Oz to expose the facade we have been led to believe about sugar. Fats add flavor, fulfillment and satiety. Life Changing Read This book will change your life. Two books about sugars addiction and chronic diseases Two books taken collectively offer adequate evidence that sugar addiction stands out above all other factors among multiple factors behind chronic diseases that became epidemic recently. It's gonna be a steep uphill fight, but this book may be the start of the unraveling of the sugar ruse. We can benefit greatly in avoidance and treatment by reducing sugar to close to the level utilized by our ancestors or nonindustrial populations.. Head into any grocery store, sporting event, amusement park, fast food restaurant, and anywhere else meals is sold and you'll mostly see nothing but ambivalence regarding glucose from an excellent majority of the population

predicated on their purchasing practices. The result of this is a much more difficult way to keep blood sugars and insulin amounts normalized that requires people with IR to have to significantly lessen the foods that turn to sugars in the body--all culprit carbohydrates. Changing is scary to anticipate, pleasant to remember. Now it's simply a matter of undoing decades of misinformation to stem the tide of chronic disease we are living through due to the promulgation of sugar. Now that we recognize that Yudkin was best all along, Taubes can be attempting to describe where we proceed from here to undo all the nutritional indoctrination. Even though some of the material might be no-brainer, Taubes will a really great job of searching at some frequently held beliefs and supporting them with studies. Ordinarily a journalist makes the reality clearer than a scientist ever will. In his previous books, one stands out for public health relevance. Taubes addresses the idea of how we became propagandized to believe fat may be the enemy in our diet. Taubes makes a case for sugars as the main factor that, far above all else, is the reason we've epidemics of gout, large blood pressure, elevated blood glucose, insulin level of resistance, diabetes, arterial disease, malignancy, Alzheimer's disease and more. All of these are hormonally linked to metabolic syndrome, the topic that put Lustig in the forefront of dietary research. But do they actually know that? an incisive mind examines sugar as cause of disease articulate and precise composing, not common in the diet-medicine area. A must go through in this current world Change your life and educate yourself on being healthy and what the food industry really wants to do to you! That's exactly what NY Times bestselling writer and science article writer Gary Taubes has done in his soon-to-classic book *The Case Against Glucose*. Some observers were not fooled, but they had been few, and did not have the media existence of Frederick Stare and Ansel Keys. My conclusion: 1. The death count and misery is quickly growing even now. Taubes quotes grounds for this opposition, apart from self (selfish) interest: "As soon as we think that we are ideal about something," as New Yorker writer Kathryn Schulz noted in the 2010 book *Getting WRONG*, we narrow our focus, attending only to information that support our belief, or ceasing to listen altogether." Fortunately, Gary Taubes understands this. the list continues on and on! Sugar is addictive with brief hits of pleasure, however, not satisfying, with long-range health consequences. We wish more because a little isn't satisfying. Great Summary regarding the damage completed by sugar and refined carbohydrates Excellent. The book isn't about sugar, though which may be Lustig's most vital stage. Book is about 80% history and 20% superficial medicine.. I am thinking about what Lustig says about glucose. Sweet drinks of all kinds are out. I have a issue with Lustig's authoring drugs. Coconut oil, fish oil. I have seen way too many lives destroyed by these to allow that pass. His recommended that cannabnanoids and even limited usage of LSD may be more effective. I understand this fact all-too-well as somebody who used to drink 16 cans of Coca-Cola daily before discovering these principles Taubes is posting in his books requiring me to eat a low-carb, high-fats, ketogenic diet plan for the others of my life to be able to stave off medical consequences of the damage that happened to my body from eating sugar. We need phytonutrients and nutrients which are scarce in contemporary food. My crude accusation: The industry-government-medical-media complex that attempted to make sugar right into a health food and denied its role in disease may have caused over 100,000,000 to die brief of their regular life span, living their last years in misery. Sugar extra is the major cause of modern chronic diseases. Attracting the calorie argument provides license for people to continue eating sugar in the mythical "moderation" (which Taubes is very skeptical and no fan of). Sugars is addictive and not satisfying. Excess leads to disappointment, not really happiness or contentment. 3. Total must-read for all people "hooked" on sugar. 4. *The Case Against Sugars* should absolutely be required reading of every doctor, dietitian, teacher, parent, and anyone who would like to hear the reality about sugar that they are just not gonna get from mainstream media or any of the so-called leaders in the nutritional wellness industry. Skipping deserts is normally a useless token, not a remedy. Fruit is normally good, not juice. I am writer of an orthomolecular nutrition textbook, but my better interest is in medical and welfare of several people I understand who suffer from chronic diseases, or are heading that way. Most processed food items have

glucose added, and should be regarded as toxic. Essential read for all This book blew my mind Mostly history instead of pathophysiology Too much history as the author is a journalist simply by training rather than a doctor. We are in need of fat, even saturated unwanted fat, a spectral range of natural fat. He overstated the value of psychoactive prescription medications and seemed unaware of the extent of damage. bacon. What's most interesting is there were experts like John Yudkin who comprehended these issues with consuming sugar way back in the 60s/70s, but he was quickly ignored and blacklisted by those that wanted to drive the anti-unwanted fat message as a means for propping up sugar-peddling companies that stood to significantly benefit financially from the ignorance of the general public.<sup>6</sup> I expect Taubes's book to be the one that makes a difference in the globe, with Lustig's as vital scientific background, with both giving accounts of how the powers of this world hack the thoughts of all of us.<sup>7</sup> Changing is usually hard. Consider this publication the first shot across the bow challenging The Sugars Association head-on with details and history that can't be refuted. That instigator is a condition referred to as insulin level of resistance (IR) where the pancreas must work so difficult at pumping out insulin to cover all of the sugar we have been consuming that it is become exhausted and doesn't function as it had been intended anymore. SUGAR kills I always think when I read these things that support Dr. I am now eight weeks sugar-free and loving it. Glucose in every it's forms will eliminate you, may cause inflammation - essentially, the more you eliminate it from your life the better off your wellbeing will be. Gary Taubes does plenty of analysis in this publication, like he provides his others and shows us how we have been sold a bill of products and how pervasive the use of sugar is inside our foods. It's an excellent read, though weighty, if you've been living a low carb, high fat existence - he includes a lot you can use to shut your detractors straight down. I recommend reading this, on your own health. Must read for sugarholics. Sugar substitutes have little proof benefit. Atkins now 40 year old beliefs, that I wish he hadn't died before he was vindicated. In fact made me crave sugars more, which kind of shows how terrible the addictive characteristics are. I am your physician, M.D., and you will be handing this out to all my sufferers.<sup>5</sup> I'm a doctor and was looking for more medical compound. It is about addictions, hormones of satisfaction and hormones of joy that do not result in contentment. I'll look for books by doctors on this topic henceforth. (more calories in than out. Couldn't stop hearing! They possess the natural skills for digging deeply into arguments and making compelling statements for the prosecution. Having studied this since the early 1970s, this is the best summary up to now. Easy Read, Great Material I made a decision to buy this publication after hearing Taubes in the Joe Rogan Experience podcast. I was relatively hesitant to get it after reading an online review that mentioned that the book was just too obvious and was simply reiterating the popular "sugar is poor.. Gary Taubes has place his stamp upon this subject as just he can presenting the evidence for the reader to absorb and come to their own conclusions. yada yada yada" kind of matter, but upon reading through it I found that was not the case. Robert Lustig -- THE HACKING OF THE AMERICAN Brain Gary Taubes -- THE CASE AGAINST SUGAR Gary Taubes, as a journalist, demonstrates the very best of objective science. I appreciated that he looked at the reasons that people have argued that sugars is NOT the cause of all of the ailments of the weight problems epidemic and countered those arguments. The reserve was a very easy read, despite it being truly a scientifically and historically centered text and I have recommended it to many friends and family members. I look forward to reading other functions from him in the near future. Opposing views: "Persistent diseases are caused by overeating and under-activity. And it worked because processed foods full of carbohydrates may be the norm on store shelves today! The research behind the damaging health effects of sugar is astounding. The author does an excellent job. We crave more to the point of leaving other nutrition lacking, and food without sugars becomes tasteless. Wish nevertheless this was obtainable in MP3 format for better ease of listening in vehicles than nine CD's. Most highly recommended.



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