



INCLUDES A  
COMPREHENSIVE  
LIST OF  
HIGH-FRUCTOSE  
CORN SYRUP  
FOODS

**"A road map to better health."  
— Richard J. Glasscock, MD, professor emeritus of medicine,  
David Geffen School of Medicine, UCLA**

**THE HIGH-FRUCTOSE FALLOUT  
THAT IS MAKING YOU FAT AND SICK**

# **THE SUGAR FIX**

**RICHARD J. JOHNSON, MD  
WITH TIMOTHY GOWER**

**PROTECT YOURSELF NOW!**

• Obesity • Diabetes • Heart Disease • Liver and Kidney Disease  
• Severe Arthritis • Gastrointestinal Disease • Premature Aging

Richard J. Johnson M.D. and

# The Sugar Fix: The High-Fructose Fallout That Is Making You Fat and Sick



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WHAT YOU HAVE NO IDEA ABOUT FRUCTOSE AND HFCS COULD KILL YOU Cutting back in the fructose in your diet could save your life -- and shrink your waistline. These sweeteners are linked to health problems such as weight problems, diabetes, and joint and stomach pain. Table sugar and high-fructose corn syrup (HFCS) -- the primary resources of fructose -- are staples of our food supply, and are even found in foods that are not necessarily sweet, like breads, soups, ketchup, and salad dressing. They could also increase your risk for liver and kidney illnesses, premature aging, and certain types of cancers. THE SUGAR FIX OFFERS A GENUINE SOLUTION FOR SLIMMING DOWN AND TRANSFORMING YOUR WELLBEING -- TODAY The Low-Fructose Diet: Reduce your intake of fructose by up to one-half the total amount in the normal American diet -- and still satisfy your lovely tooth The 12 Guidelines for Healthy Eating: Sustain a low-fructose diet plan forever The Low-Fructose Life style: Counteract sugar's harmful results through physical activity, sun exposure, health supplements, and more More Than 30 Low-Fructose Recipes: Prepare easy, delicious foods At-a-Glance Fructose Finder: Review this content in dozens of your preferred foods



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Can't Lose Excess weight and/or Feeling Hungry continuously? THIS IS IMPORTANT INFORMATION! Some of the info conflicts with other information you likely discovered by yourself, and the suggested diet is definitely no epiphany. fructose. The study by Dr. After all, there is precedent for the government developing dietary suggestions - which millions of people implemented - and which as time passes became greatly influenced by the lobbying attempts of major corporations focused on their bottom line rather than the welfare of true people, their clients. I experienced no idea the freshly squeezed orange juice I consumed every day was so high in fructose AND that an excessive amount of fructose, actually in its purest form (fruit) can be as much of a hindrance in pounds loss/administration as processed food that contains HFCS. I read articles by Dr. Mercola about fructose and he mentions this publication and I purchased it just to get the list of foods and just how much fructose they contain (information online is scanty at greatest).The diet part of the book I give "3" stars because it will promote healthy eating quite often. I have a issue with the promotion of processed food items especially the "sugar free of charge" stuff. You can change a glucose habit by substituting with sugars free anything? However, my main objection is the promotion of processed food items period! For instance Cream of Celery Soup, Tortilla Chips, Sugar Free of charge Vanilla Ice Cream, Low Fat Milk and Sugar Free of charge Cool Whip.Johnson's analysis. Overall, I'm going to give the book 5 superstars because it has a large amount of really great info especially for someone who is questioning why their pounds loss reaches a standstill and/or why they are starving all the time. Very Informative! Johnson and his group because of this important research.Most of the recipes and meal recommendations feature gluten wealthy, lactose rich items. Perfect! It looks like it might be useful by just collecting such information in one handy quantity, but this publication is definately not an authoritative, definitive compendium of such information. I supply the book 5 stars for opening my eyes to HFCS & Dr. Read and become soon as feasible.com. Maybe we're able to Legislate this? Should you have any curiosity in not succumbing to the main medical consequences (cardiovascular disease, diabetes, mental fog, cancers, etc.. We are able to only do this ourselves, there is no magic pill.) of eating things that we did not understand long ago wouldn't normally be good for us - read this book. You might find yourself addicted to one outstanding habit: Reading the labels of the foods you eat.That's not widely available or known.. I think this reserve should become law in some way. Johnson, et al displays it comes with an insidious way of hampering weight loss and that an excessive amount of fructose inside our diet actually causes us to wish to EAT MORE. But hey - this is the American method (right now. However as a experienced of Celiac disease (and the lactose intolerance that will go along with it) the thought of consuming large levels of dairy products quite literally turns my stomach. You'll be glad you did. Thanks to Dr. I learned quite a bit about glucose and fructose matabolism from reading this publication and recommend it to those interested in learning that sugar isn't entirely responsible for the obesity problem, but that fructose takes on a major function. I experienced some idea concerning this issue before I browse the publication, but Dr. Johnson describes his study and the metabolic processes involved in both sugars and fructose matabolism. Since I have diabetes, I found this book very informative and those who want to avoid diabetes might benefit from the information contained in Dr. These products contain chemicals, soy, processed oils, hydrogenated natural oils, carrageenan in the milk, etc. Excellent information that should be considered by most people! Dr. Great info without being too medical.. Nevertheless, doctor Johnson did the research and the guy can clarify the explosion of chronic illnesses by our modern diet plan. Johnson makes some extremely valid factors regarding high uric acid and its connection to other medical conditions and fructose and

fructose in general, which I had not been aware of and people really should focus on this for those who have gout, etc. Many thanks. Useful reference publication for certain. I heartily concur that artificial sweeteners aren't best for a body!.The book will a good job (ad nauseum IMHO) explaining why fructose is bad for you. J.) So take care of yourself as well as your health - this is an easy method to start. An extended, repetitive pamphlet. If you do happen to suffer from any food intolerances, this book can do absolutely NOTHING to help you. I do find it a little hard to believe that fructose, the sugars in fruit, is so bad for us.In the event that you do suffer from Celiac disease or lactose intolerance - STEER CLEAR of this reserve. Logic will let you know which foods include high doses of fructose.For me personally, the search continues.. A very informative read when you have blood sugars issues(! Four Stars The Book includes a lot information,I had not been aware off,Thanks good book I liked this book. It appears to be research based unlike many other diet/suggestions books.What I am looking for is a method to eat to not only control my fructose/purine intake, but a means of eating that also takes under consideration the food intolerances that I (and many more) suffer from. In the end human beings are essentially topical, fruit consuming animals. I could totally understand that soda and pies are bad for us, but it is tougher to trust that apples and grapes are also harmful to us. Well documented as well. Perfect! All in all a good book. If you learn how to use Google and have a pastime in a low-fructose diet plan, then you know everything that's in this publication. Opened my eyes, my brain and my own body to .. needed me to learn when I was identified as having fructose malabsorption. Opened my eyes, my mind and my own body to sugars and fructose metabolism and much a lot more to comment.If you need a starting place for how to eat fructose free, check out the resources page on thefartingpear. Thank you. And on and on and onto it goes with background information and self-gratifying compliment of the author's tips, scholarship, and research. In addition, it does a good job of explaining why we should control our purine consumption and watch our uric acid levels. This book is a life saver!! Decent quantity of info.. They are chemicals and nothing even more. ... It is the place to begin to help yourself - to build health, even vibrant health, rather than the collection of uncomfortable ailments that accumulate as we age. Quite a shock to learn about other illnesses we can link to sugar. One Track Mind I buy into the reviewer who stated that there is misinformation in this book. Five Stars Very good tool for people experiencing fructose intolerance and helpful for people wanting to lose weight. Ditch the Dessert!.) eat better, lose weight and feel better This is actually the book that my Dr.. It provides helped me to comprehend my condition, consume better, lose weight and feel better.



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