



# The Case Against Sugar

*Gary Taubes*

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**The Case Against Sugar** Gary Taubes

**From the best-selling author of *Why We Get Fat*, a groundbreaking, eye-opening exposé that makes the convincing case that sugar is the tobacco of the new millennium: backed by powerful lobbies, entrenched in our lives, and making us very sick.**

Among Americans, diabetes is more prevalent today than ever; obesity is at epidemic proportions; nearly 10% of children are thought to have nonalcoholic fatty liver disease. And sugar is at the root of these, and other, critical society-wide, health-related problems. With his signature command of both science and straight talk, Gary Taubes delves into Americans' history with sugar: its uses as a preservative, as an additive in cigarettes, the contemporary overuse of high-fructose corn syrup. He explains what research has shown about our addiction to sweets. He clarifies the arguments against sugar, corrects misconceptions about the relationship between sugar and weight loss; and provides the perspective necessary to make informed decisions about sugar as individuals and as a society.

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A lot of people always spent their very own free time to vacation or go to the outside with them family or their friend. Are you aware? Many a lot of people spent that they free time just watching TV, or maybe playing video games all day long. If you would like try to find a new activity that is look different you can read a new book. It is really fun to suit your needs. If you enjoy the book which you read you can spent all day long to reading a publication. The book The Case Against Sugar it doesn't matter what good to read. There are a lot of folks that recommended this book. These people were enjoying reading this book. Should you did not have enough space to develop this book you can buy typically the e-book. You can mOore easily to read this book from the smart phone. The price is not to cover but this book has high quality.

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