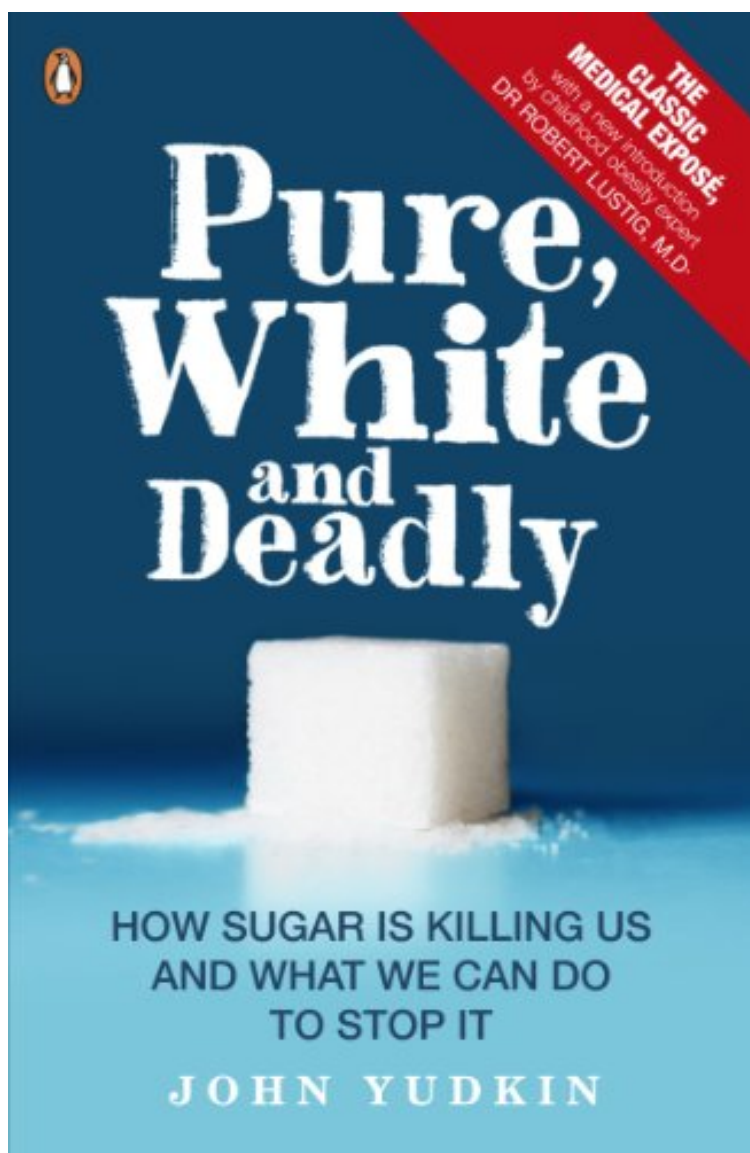


[Read now] File size: 35.Mb

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



Par John Yudkin
audiobook | *ebooks | Download PDF |
ePub | DOC

Dtails sur le produit Rang parmi les ventes
: #124047 dans eBooksPubli le: 2012-11-01
Sorti le: 2012-11-01Format: Ebook
Kindle

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

**Par John Yudkin : Pure, White and
Deadly: How Sugar Is Killing Us and What
We Can Do to Stop It** before purchasing it in
order to gage whether or not it would be worth
my time, and all praised Pure, White and
Deadly: How Sugar Is Killing Us and What
We Can Do to Stop It:

Download

Read Online

Description :

Prsentation de l'diteurSugar. It's killing us.Why do we eat so much of it?What are its hidden dangers?In 1972, when British scientist John Yudkin first proved that sugar was bad for our health, he was ignored by the majority of the medical profession and rubbished by the food industry.We should have heeded his warning.Today, 1 in 4 adults in the UK are overweight.There is an epidemic of obese six month olds around the globe.Sugar consumption has tripled since World War II.Using everyday language and a range of scientific evidence, Professor Yudkin explores the ins and out of sugar, from the different types - is brown

sugar really better than white? - to how it is hidden inside our everyday foods, and how it is damaging our health. Brought up-to-date by childhood obesity expert Dr Robert Lustig M.D., his classic expos on the hidden dangers of sugar is essential reading for anyone interested in their health, the health of their children and the health of modern society. '[A] valiant . . . attempt to warn us against our lust for sucrose' Geoff Watts, British Medical Journal 'A medical classic' Jack Winkler, Nutrition Policy Unit, London Metropolitan University 'Arguably the leading nutritionist of his time' Guardian 'Yudkin was far ahead of his time with his idea of nutrition as a subject of great breadth: not just the study of the composition of foods, but the importance of enjoying a variety of fresh foods, and the recognition of the psychological and social factors that cause us to choose certain foods and avoid others' Independent 'Worldwide, around 180 million tonnes of refined sugar is produced each year and the UK market alone is worth nearly 1 billion. Little wonder that no one listened to eminent nutritionist Professor John Yudkin when he called sugar 'pure, white and deadly' back in 1972 and quite rightly warned of the links between excessive consumption and heart disease' Catherine Collins, Principal Dietician, St George's Hospital

John Yudkin (8 August 1910 - 12 July 1995) was a British physiologist and nutritionist, whose books include *This Slimming Business*, *Eat Well, Slim Well* and *This Nutrition Business*. He became internationally famous with his book *Pure, White and Deadly*, first published in 1972, and was one of the first scientists to claim that sugar was a major cause of obesity and heart disease. Robert H. Lustig, M.D. has spent the past sixteen years treating childhood obesity and studying the effects of sugar on the central nervous system and metabolism. He is the Director of the UCSF Weight Assessment for Teen and Child Health Program and also a member of the Obesity Task Force of the Endocrine Society. His YouTube video lecture *Sugar: The Bitter Truth* has received over two million hits, he recently appeared on the BBC 2 documentary *The Men Who Made Us Fat* and his book *Fat Chance: Beating the Odds Against Sugar, Processed Food, Obesity, and Disease* is being published in Autumn 2012.

Revue de presse Using everyday language and a range of scientific evidence, this book explores the ins and out of sugar, from the different types - is brown sugar really better for us than white? - to how it is sneakily inserted in our everyday foods. (Telegraph, Top 10 Diet Books) '[A] valiant . . . attempt to warn us against our lust for sucrose (British Medical Journal) Arguably the leading nutritionist of his time (Guardian) A landmark work on the subject (The Telegraph) A medical classic (Jack Winkler Nutrition Policy Unit, London Metropolitan University) Yudkin was far ahead of his time with his idea of nutrition as a subject of great breadth: not just the study of the composition of foods, but the importance of enjoying a variety of fresh foods, and the recognition of the psychological and social factors that cause us to choose certain foods and avoid others (Independent) As an isolated voice, Yudkin, who died in 1995, may have lost the battle with the sugar industry four decades ago, but big food will find it more difficult to silence his growing army of disciples whose only incentive is to expose what's right for public health (Guardian) Presentation de l'auteur Sugar. It's killing us. Why do we eat so much of it? What are its hidden dangers? In 1972, when British scientist John Yudkin first proved that sugar was bad for our health, he was ignored by the majority of the medical profession and rubbished by the food industry. We should have heeded his warning. Today, 1 in 4 adults in the UK are overweight. There is an epidemic of obese six month olds around the globe. Sugar consumption has tripled since World War II. Using everyday language and a range of scientific evidence, Professor Yudkin explores the ins and out of sugar, from the different types - is brown sugar really better than white? - to how it is hidden inside our everyday foods, and how it is damaging our health. Brought up-to-date by childhood obesity expert Dr Robert Lustig M.D., his classic expos on the hidden dangers of sugar is essential reading for anyone interested in their health, the health of their children and the health of modern society. '[A] valiant . . . attempt to warn us against our lust for sucrose' Geoff Watts, British Medical Journal 'A medical classic' Jack Winkler, Nutrition Policy Unit, London Metropolitan University 'Arguably the leading nutritionist of his time' Guardian 'Yudkin was far ahead of his time with his idea of nutrition as a subject of great breadth: not just the study of the composition of foods, but the importance of enjoying a variety of fresh foods, and the recognition of the psychological and social factors that cause us to choose certain foods and avoid others' Independent 'Worldwide, around 180 million tonnes of refined sugar is produced each year and the UK market alone is worth nearly 1 billion. Little wonder that no one listened to eminent nutritionist Professor John Yudkin when he called sugar 'pure, white and deadly' back in 1972 and quite rightly warned of the links between excessive consumption and heart disease' Catherine Collins, Principal Dietician, St George's Hospital

John Yudkin (8 August 1910 - 12 July 1995) was a British physiologist and nutritionist, whose books include *This Slimming Business*, *Eat Well, Slim Well* and *This Nutrition Business*. He became internationally famous with his book *Pure, White and Deadly*, first published

in 1972, and was one of the first scientists to claim that sugar was a major cause of obesity and heart disease. Robert H. Lustig, M.D. has spent the past sixteen years treating childhood obesity and studying the effects of sugar on the central nervous system and metabolism. He is the Director of the UCSF Weight Assessment for Teen and Child Health Program and also a member of the Obesity Task Force of the Endocrine Society. His YouTube video lecture Sugar: The Bitter Truth has received over two million hits, he recently appeared on the BBC 2 documentary The Men Who Made Us Fat and his book Fat Chance: Beating the Odds Against Sugar, Processed Food, Obesity, and Disease is being published in Autumn 2012.