

## SUGAR POISON BOOK%0A

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[Robert Lustig: the man who believes sugar is poison | Life ...](#)

Dr Robert Lustig's book, Fat Chance: The Hidden Truth About Sugar, Obesity and Disease, for all that it sounds like a Dan Brown novel, is the difference between vaguely knowing something is

[Sweet Poison: Why Sugar Makes Us Fat: David Gillespie ...](#)

If you have a pretty good sugar tolerance and no health issues and are currently eating lots of sugar, the advice in this book may well help you lose weight. But even then this is not a healthy diet as regards nutrient intake. But even if it does help there are so many better books out there which all offer far superior dietary advice.

[Sugar is poison for your mind and body - AgileLeanLife](#)

Sugar is an ideal poison for emotional eating. But you are only doing damage to your body and your mind. But you are only doing damage to your body and your mind. Try to avoid sugar for a week, just to get a feeling of how much sugar there is in everything.

[How 'toxic' is sugar? | CBC News](#)

One of the most vocal of those researchers is Lustig, an author who has become a YouTube sensation for a 90-minute lecture in which he calls sugar a toxic poison. I use those words and I mean them.

[Sweet poison: How sugar, not cocaine, is one of the most ...](#)

Sugar: It's the new tobacco. Worse, it's the secret destroyer. Unlike cigarettes, the warnings about sugar are mere whispers at best. Yet sugar is eight times more addictive than cocaine, and

[David Gillespie - Official Site](#)

David Gillespie is a father of six, a recovering corporate lawyer, a former co-founder of a successful software company and the author of eight bestselling books. His first book, Sweet Poison , published in 2008 is widely credited with starting the current Australian wave of anti-sugar sentiment.

[Sweet Poison: Why Sugar Makes Us Fat: David Gillespie ...](#)

[Sweet Poison: Why Sugar Makes Us Fat Paperback, International Edition, November 17, 2009, by David Gillespie \(Author\) Visit Amazon's David Gillespie Page. Find all the books, read about the author, and more. See search results for this author. Are you an author?](#)

[Is Sugar Really Toxic? Sifting through the Evidence ...](#)  
The argument that sugar is a toxin depends on some

technical details about the different ways the human body gets energy from different types of sugar.

#### **Sugar The White Poison - Food and Health Revolution**

Sugar can give you a heart attack, sugar has been shown to promote the growth of cancer cells, sugar can lead to early puberty in a child, sugar can interfere with ovulation, sugar can give you acne, and sugar can kill prematurely.

#### **How Sugar Affects the Body: New Study Looks Beyond**

...

Fat was the food villain these past few decades but sugar is quickly muscling in to take its place. As rates of sugar-related disorders such as diabetes, obesity and heart disease climb, many

#### **Sweet Poison, Why Sugar Makes Us Fat by David Gillespie**

Sweet poison book review Well I have read the book both as an initial skim and then more in depth. Yes I am very impressed with the information provided based on the authors personal experience and research.