

Sweet Poison Why Sugar Makes Us Fat Soft Cover David Gillespie

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Sweet Poison Why Sugar Makes

The increasing amount of sugar in our food is leading to an epidemic in metabolic syndrome diseases. A cluster of conditions — increased blood pressure, a high blood sugar level, excess body fat around the waist and abnormal cholesterol levels — that occur together, increasing your risk of heart disease, stroke and diabetes.

Sweet Poison: Why Sugar Makes Us Fat: Gillespie, David ...

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Sweet Poison looks at what the introduction (and since then, the over-consumption!) of sugar, especially fructose, has done to the human body. It looks at the history of the sugar industry, how sugar affects us (good and bad), and gives alternatives for when you need a sweet treat (spoilers! glucose only!).

Sweet Poison, Why Sugar Makes Us Fat by David Gillespie

Sugar can lead to prostate cancer. Sweet food items increase the risk of break cancer. Sugar can cause depression. Sugar can increase the body's fluid retention.

Sweet Poison: Why Sugar is Ruining Your Health - Thinco

The increasing amount of sugar in our food is leading to an epidemic in metabolic syndrome diseases. A cluster of conditions — increased blood pressure, a high blood sugar level, excess body fat around the waist and abnormal cholesterol levels — that occur together, increasing your risk of heart disease, stroke and diabetes.

Amazon.com: Customer reviews: Sweet Poison: Why Sugar ...

Sweet Poison: why sugar makes us fat and sick. Sugar's impact on water, soil and its carbon footprint Research showing that sugar and fructose are big factors in the obesity epidemic.

Sugar - Sweet Poison - Green Eatz

Sweet Poison, Why Sugar Makes Us Fat, Toxic Oil, Taming Toxic People, Free Schools David Gillespie is a lawyer and author who has written several books about health, psychology and education although he admits to no qualifications in nutrition or dietetics , psychology or education

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David Gillespie (author) - Wikipedia

David, a smart corporate lawyer equipped with an enquiring mind, begins to query why it is we are so much heavier than previous generations, and discovers a culprit: sugar, or, more specifically, the fructose component of sugar. Sweet Poison exposes one of the great health scourges of our time and offers a wealth of practical and accessible information on how to avoid fructose, increase your enjoyment of food and lose weight.

Sweet Poison: Why Sugar is Making Us Fat: Why Sugar Makes ...

Food manufacturers exploit our sugar addiction by lacing it through 'non-sweet' products, such as bread, sauces, soups and cereals. Sweet Poison exposes one of the great health scourges of our time and offers a wealth of practical and accessible information on how to avoid fructose, increase your enjoyment of food and lose weight.

Sweet Poison: Learn how to break your addiction with sugar ...

Beryllium salts are also reported to be sweet - the element was formerly named glucinium for this property. Beryllium is most toxic by inhalation, but ingestion of its salts is probably also bad (though wikipedia claims not much is absorbed through the gut). Licorice contains a compound called glycyrrhizin that is sweeter than sugar.

What Poisons Taste Sweet? | Yahoo Answers

Sweet Poison: Why Sugar Makes us Fat ' Gillespie, David. \$17.34 + \$10.66 shipping . ID245z - David Gillespie - Sweet Poison Learn - Paperback - New. \$13.45. \$16.26 + shipping . Picture Information. Opens image gallery. Image not available. Mouse over to Zoom- Click to enlarge. Move over photo to zoom ...

SWEET POISON / WHY SUGAR MAKES US FAT by DAVID GILLESPIE ...

Sweet Poison: Why Sugar Makes Us Fat Paperback – Nov. 17 2009 by David Gillespie (Author) > Visit Amazon's David Gillespie page. Find all the books, read about the author and more. search results for this author. David Gillespie (Author) 4.6 out of 5 stars 395 ratings.

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Order the Eat Real Food Cookbook now and get the Sweet Poison Cookbook (normally \$32.95) for just \$11. Why you shouldn't be eating Vegetable Oils Follow David's advice and you'll be able to make healthy food choices based on evidence rather than what the processed food industry wants you to believe.

David Gillespie - Author of Sweet Poison, Toxic Oil and ...

1. Can Cause Weight Gain. Rates of obesity are rising worldwide and added sugar, especially from sugar-sweetened beverages, is thought to be one of the main culprits. Sugar-sweetened drinks like ...

11 Reasons Why Too Much Sugar Is Bad for You

But fructose is natural, why's it so bad? * It's not bad. We're just designed to eat VERY LITTLE of it. How much? Studies say the amount in about 1-2 pieces of fruit. Which as David says in Sweet Poison, is about what we used to eat prior to the "invention" of sugar in the 1800s. Phew. That was hard work.

Sarah Wilson | I quit sugar #3 (why sugar makes us fat ...

Sweet Poison, Why Sugar Makes Us Fat by David Gillespie (Goodreads Author) 4.02 avg rating — 1,494 ratings — published 2008 — 7 editions

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