

Online Library **Suicide By Sugar A Startling Look At Our 1 National Addiction Nancy Appleton**

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Over two decades ago, Nancy Appleton's *Lick the Sugar Habit* exposed the health dangers of America's high-sugar diet. Now, in *Suicide by Sugar*, Appleton, along with journalist G.N. Jacobs, presents a broader view of the problems caused by our favorite ingredient. The authors offer startling facts that link a range of disorders—from dementia and hypoglycemia to obesity and

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cancer—to our growing sugar addiction.

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Suicide by sugar : a startling look at our #1 national addiction. [Nancy Appleton; G N Jacobs] -- Suicide by Sugar begins with the story of Dr. Appleton's battle with her own sugar addiction. next, the authors examine all the frightening (and unknown) things that can go wrong with people consume ...

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Now, in Suicide by Sugar, Appleton, along with journalist G.N. Jacobs, presents a broader view of the problems caused by our favorite ingredient. The authors offer startling facts that link a range of disorders—from dementia and hypoglycemia to obesity and cancer—to our growing sugar addiction.

## **Suicide by Sugar: A Startling Look at Our #1 National ...**

The idea behind Suicide by Sugar: A Startling Look at Our #1 National Addiction is to explain just how deadly sugar is. The author also shows how your brain is addicted to sugar, where added sugar is hidden in many “healthy” foods, and how you can reprogram your brain to prefer healthier sugar alternatives. How the Book Is Laid Out

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Now, in SUICIDE BY SUGAR, Appleton, along with journalist G.N. Jacobs, presents a broader view of

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the problems caused by our favourite ingredient. Through a collection of articles, the authors offer startling facts linking a range of disorders - from dementia and hypoglycemia to obesity and cancer - to our growing addiction to sugar.

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