



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

By John Yudkin

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More than 40 years before Gary Taubes published *The Case Against Sugar*, John Yudkin published his now-classic exposé on the dangers of sugar—reissued here with a new introduction by Robert H. Lustig, the bestselling author of *Fat Chance*.

Scientist John Yudkin was the first to sound the alarm about the excess of sugar in the diet of modern Americans. His classic exposé, *Pure, White, and Deadly*, clearly and engagingly describes how sugar is damaging our bodies, why we eat so much of it, and what we can do to stop. He 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 harming our health.

In 1972, Yudkin was mostly ignored by the health industry and media, but the events of the last forty years have proven him spectacularly right. Yudkin's insights are even more important and relevant now, with today's record levels of obesity, than when they were first published. Brought up-to-date by childhood obesity expert Dr. Robert H. Lustig, this emphatic treatise on the hidden dangers of sugar is essential reading for anyone concerned about their health, the health of their children, and the wellbeing of modern society.

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Editorial Review

About the Author

John Yudkin (1910-1995) was a British physiologist and nutritionist. 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.

Users Review

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Anna Thompson:

The actual book *Pure, White, and Deadly: How Sugar Is Killing Us and What We Can Do to Stop It* has a lot of info on it. So when you make sure to read this book you can get a lot of help. The book was compiled by the very famous author. Tom makes some research before writing this book. This kind of book is very easy to read; you will get the point easily after reading this article book.

Benjamin Martinez:

People live in this new day and time of lifestyle; they always aim to and must have the time or they will get a great deal of stress from both everyday life and work. So, if we ask do people have free time, we will say absolutely indeed. People are human, not only a robot. Then we consult again, what kind of activity do you have when the spare time is coming to you? Actually, of course, your answer will be unlimited. Right. Then do you ever try this one, reading ebooks. It can be your alternative throughout spending your spare time, often the book you have read is *Pure, White, and Deadly: How Sugar Is Killing Us and What We Can Do to Stop It*.

Billy Smith:

This *Pure, White, and Deadly: How Sugar Is Killing Us and What We Can Do to Stop It* is a brand-new way for you who has interest to look for some information since it relieves your hunger for information. Getting deeper into it, getting knowledge, more you know or perhaps you who still have a tiny amount of digest in reading this *Pure, White, and Deadly: How Sugar Is Killing Us and What We Can Do to Stop It* can be the light food in your case because the information inside that book is easy to get simply by anyone. These books create themselves in the form that is certainly reachable by anyone, yep I mean in the e-book web form. People who think that in book form makes them feel drowsy even dizzy; this publication is the answer. So there is no problem in reading a guide especially this one. You can find it actually looking for it. It should be here for anyone. So, don't miss the item! Just read this e-book style for your better life as well as knowledge.

Crystal Babin:

A number of people said that they feel uninterested when they reading a reserve. They are directly felt it when they get a half parts of the book. You can choose the book Pure, White, and Deadly: How Sugar Is Killing Us and What We Can Do to Stop It to make your reading is interesting. Your current skill of reading talent is developing when you just like reading. Try to choose straightforward book to make you enjoy to see it and mingle the sensation about book and examining especially. It is to be 1st opinion for you to like to wide open a book and study it. Beside that the book Pure, White, and Deadly: How Sugar Is Killing Us and What We Can Do to Stop It can to be your brand-new friend when you're experience alone and confuse in doing what must you're doing of that time.

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