



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

From reader reviews:

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 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 write this book. This kind of book very easy to read you will get the point easily after reading this article book.

Benjamin Martinez:

People live in this new day time of lifestyle always aim to and must have the time or they will get 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 is human not only a robot. Then we consult again, what kind of activity do you have when the spare time coming to you actually of course your answer will 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:

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Crystal Babin:

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