

The Case Against Sugar

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The Case Against Sugar

The Case Against Sugar is a riveting history of ideas, a clear analysis of evidence, and an utterly persuasive argument that sugar is the new tobacco. Taubes methodically explains why sugar—not sloth, not fat—accounts for our unprecedented levels of obesity, cancer, diabetes, and heart disease.

The Case Against Sugar: Taubes, Gary: 9780307701640 ...

main take-aways: - a calorie is not a calorie. - fats in food are not bad. - sugar causes: diabetes, gout, cancer, bad breath, insomnia, restless leg syndrome, MRSA, depression, economic inequality, republicans, nazis, trump, and alzheimer's. - the sugar industry uses tactics similar to climate-change-deniers. - it is almost impossible to not eat sugar. - there is as much sense in eating a "moderate amount" of sugar as there is in smoking a "moderate amount" of cigarettes. it's not like any ...

The Case Against Sugar by Gary Taubes - Goodreads

The Case Against Sugar is a riveting history of ideas, a clear analysis of evidence, and an utterly persuasive argument that sugar is the new tobacco. Taubes methodically explains why sugar—not sloth, not fat—accounts for our unprecedented levels of obesity, cancer, diabetes, and heart disease.

The Case Against Sugar by Gary Taubes, Paperback | Barnes ...

The Case Against Sugar (2016) Among Americans, diabetes is more prevalent today than ever; obesity is at epidemic proportions; nearly 10% of children are thought to have nonalcoholic fatty liver disease. And sugar is at the root of these, and other, critical society-wide, health-related problems.

The Case Against Sugar (2016) - Gary Taubes

The Case Against Sugar is a riveting history of ideas, a clear analysis of evidence, and an utterly persuasive argument that sugar is the new tobacco. Taubes methodically explains why sugar—not sloth, not fat—accounts for our unprecedented levels of obesity, cancer, diabetes, and heart disease.

The Case Against Sugar by Gary Taubes: 9780307946645 ...

In The Case Against Sugar, Taubes takes direct aim at the biggest culprit carb that is plaguing the health of those dealing with obesity, diabetes, heart disease, cancer, and more--it's SUGAR! Some people might scoff at the idea that we need an entire book all about the dangers of consuming sugar claiming that it's obvious to most people that sugar is not good for you.

Amazon.com: The Case Against Sugar (Audible Audio Edition ...

The Case Against Sugar (2016) offers a critical look at how the sugar industry has grown ever stronger despite medical data showing that it can be harmful to our health. Find out how this happened, and how critics have been silenced and ridiculed despite overwhelming evidence that this one ingredient can be linked to many of the most serious diseases in the Western world.

The Case Against Sugar by Gary Taubes - blinkist.com

Gary was straight up at the outset of the book in saying that he was making the case against sugar. It's even stated in the title: The Case Against Sugar. Not that he was being even handed. Not that he was being unbiased.

The Case Against Sugar - The official website of Drs ...

In "The Case Against Sugar," Taubes distills the carbohydrate argument further, zeroing in on sugar as the true villain. He implicates scientists, nutritionists and especially the sugar industry in...

What Not to Eat: 'The Case Against Sugar' - The New York Times

The case against sugar holds that this condition in turn can make us fat, and also diabetic, and prone to heart disease, cancer, gout, and the rest. In other words, toxic sugar would seem to offer...

Review: 'The Case Against Sugar,' by Gary Taubes - The ...

No, not a sugar treat, but we have the author of The Case Against Sugar joining us via phone from California. Author Gary Taubes has spent the past three years researching and working on this amazing book. And I really believe no one has worked harder on or better understands the role that sugar plays in our diet and in our health.

The Case Against Sugar | Dishing Up Nutrition Podcast

The case against sugar is compelling and IMHO conclusive - sugar and carb overconsumption underpins ALL the major Western Diseases - diabetes, gout, heart disease, alzheimers, hypertension, cancer - that is a very bold statement with massive implications for our society.

The Case Against Sugar: Amazon.co.uk: Gary Taubes ...

Gary Taubes is an investigative science and health journalist and co-founder of the non-profit Nutrition Science Initiative (NuSI.org). He is the author of The Case Against Sugar (2016), Why We Get Fat and What to Do About It (2011) and Good Calories, Bad...

Gary Taubes — Author of The Case Against Sugar, Why We Get ...

is an award-winning science journalist and the author of several books on physics, medicine and nutrition. His work has appeared in Discover and Science among others. His latest book is The Case Against Sugar (2016). 4,900 words

The case against sugar - Aeon

The Case Against Sugar is a riveting history of ideas, a clear analysis of evidence, and an utterly persuasive argument that sugar is the new tobacco. Taubes methodically explains why sugar--not sloth, not fat--accounts for our unprecedented levels of obesity, cancer, diabetes, and heart disease.

The Case Against Sugar - By Gary Taubes (Paperback) : Target

Sugar is being called the new tobacco. Recent revelations exposed the sugar industry's backroom cover-up of the harmful effects of this pervasive ingredient....

Gary Taubes 'The Case Against Sugar' - YouTube

The Case Against Sugar is a revelatory read, which will fundamentally change the way we eat. This is a textbook for students and a must-have guide for practitioners. In the past, arbitration, direct bargaining, the use of intermediaries, and deference to international institutions were relatively successful tools for managing interstate conflict.

The Case Against Sugar pdf, epub - GIEE

He clarifies the arguments against sugar, corrects misconceptions about the relationship between sugar and weight loss; and provides the perspective necessary to make informed decisions about sugar as individuals and as a society.

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