



Download The Case Against Sugar

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The Case Against Sugar-Gary Taubes 2016-12-27 From the best-selling author of *Why We Get Fat*, a groundbreaking, eye-opening exposé that makes the convincing case that sugar is the tobacco of the new millennium: backed by powerful lobbies, entrenched in our lives, and making us very sick. 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. With his signature command of both science and straight talk, Gary Taubes delves into Americans' history with sugar: its uses as a preservative, as an additive in cigarettes, the contemporary overuse of high-fructose corn syrup. He explains what research has shown about our addiction to sweets. 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.

The Case Against Sugar-Gary Taubes 2016-12-29 More than half a billion adults and 40 million children on the planet are obese. Diabetes is a worldwide epidemic. Evidence increasingly shows that these illnesses are linked to the other major Western diseases: hypertension, heart disease, even Alzheimer's and cancer, and that shockingly, sugar is likely the single

root cause. Yet the nutritional advice we receive from public health bodies is muddled, out of date, and frequently contradictory, and in many quarters still promotes the unproven hypothesis that fats are the greatest evil. With expert science and compelling storytelling, Gary Taubes investigates the history of nutritional science which, shaped by a handful of charismatic and misguided individuals, has for a hundred years denied the impact of sugar on our health. He exposes the powerful influence of the food industry which has lobbied for sugar's ubiquity - the Sugar Association even today promoting 'sugar's goodness' - and the extent that the industry has corrupted essential scientific research. He delves into the science of sugar, exposes conventional thinking that sugar is 'empty calories' as a myth, and finds that its addictive pleasures are resulting in worldwide consumption as never experienced before, to devastating effect. *The Case Against Sugar* is a revelatory read, which will fundamentally change the way we eat.

Why We Get Fat and what to Do about it-Gary Taubes 2011 This work is an examination of what makes us fat. In his book *Good Calories, Bad Calories*, the author, an acclaimed science writer argues that certain kinds of carbohydrates, not fats and not simply excess calories, have led to our current obesity epidemic. Now he brings that message to a wider, nonscientific audience. With fresh evidence for his claim, this book makes his critical argument newly accessible. He reveals the bad nutritional science of the last century, none more damaging than the "calories-in,

calories-out" model of why we get fat, the good science that has been ignored, especially regarding insulin's regulation of our fat tissue. He also answers key questions: Why are some people thin and others fat? What roles do exercise and genetics play in our weight? What foods should we eat or avoid? Concluding with an easy-to-follow diet, this book is one key to understanding an international epidemic and a guide to improving our own health.

Summary and Analysis of The Case Against Sugar-Worth Books

2017-04-18 So much to read, so little time? This brief overview of The Case Against Sugar tells you what you need to know—before or after you read Gary Taubes's book. Crafted and edited with care, Worth Books set the standard for quality and give you the tools you need to be a well-informed reader. This short summary and analysis of The Case Against Sugar includes: Chapter-by-chapter overviews Profiles of the main characters Detailed timeline of key events Important quotes Fascinating trivia Glossary of terms Supporting material to enhance your understanding of the original work About The Case Against Sugar by Gary Taubes: In his New York Times-bestseller, journalist Gary Taubes reveals how sugar became a staple in our diet and how it may be the biggest threat to our health since tobacco. Citing decades of scientific research, Taubes meticulously makes the case that sugar causes a host of diseases from obesity and diabetes to heart disease, cancer, and Alzheimer's. Obesity and diabetes are pandemic around the world, with more than half a billion people considered obese, including one in three Americans. With more and more American adults getting diagnosed with diabetes, the once uncommon disease has followed the spread of the sugar-rich Western diet around the globe. Tracing the history of sugar; detailing studies on how it can lead to weight gain and other medical problems; and chronicling the lengths to which the powerful sugar industry has gone to hide this information, Taubes reveals traditional advice recommending a low-fat, high-carbohydrate diet is wrong—it's sugar we should be looking out for. The summary and analysis in this ebook are intended to complement your reading experience and bring you closer to a great work of nonfiction.

That Sugar Book-Damon Gameau 2015-07-28 Based on the documentary

THAT SUGAR FILM, this is an explosive exposé of the dangers of sugar. When Australian actor and filmmaker Damon Gameau met a girl he wanted to impress, he decided to get healthy by reducing his sugar intake. In no time he was slimmer, calmer, fitter and happier. But he was also curious: why did the elimination of sugar have such beneficial effects? He decided to experiment by eating 40 teaspoons of sugar a day over the course of 60 days. The results were staggering. Gameau gained nearly 20 pounds; he developed signs of fatty liver disease; and doctors warned him that he was on the road to obesity, diabetes, and heart disease. His journey took him not just down a path to illness, but deep into an investigation into how our food is made and marketed. Gameau interviewed experts and discovered that 80% of products on our supermarket shelves contain sugar, and that 90 million Americans have fatty liver disease directly linked to their sugar consumption. Expanding on That Sugar Film, That Sugar Book offers 30 recipes, in-depth interviews, and colorful graphic images to reveal the truth behind the world's alarming and health-destroying sugar habit. It contains sensible advice on kicking the sugar addiction; lists which foods to avoid; and explains how to shop, how to read labels, and how to cook sugar-free food. A riveting, funny, meticulously well-researched, and shocking exposé, That Sugar Book is destined to change the eating habits of a generation.

Sugar Crush-Dr. Richard Jacoby 2015-04-14 A shocking look at the link between sugar, inflammation, and a host of preventable chronic diseases—perfect for fans of bestselling author Gary Taubes' The Case Against Sugar—from leading nerve surgeon Dr. Richard Jacoby. What Grain Brain did for wheat, this book by a leading peripheral nerve surgeon now does for sugar, revealing how it causes crippling nerve damage throughout the body—in our feet, organs, and brain—why sugar and carbohydrates are harmful to the body's nerves, and how eliminating them can mitigate and even reverse the damage. If you suffer from ailments your doctors can't seem to diagnose or help—mysterious rashes, unpredictable digestive problems, debilitating headaches, mood and energy swings, constant tiredness—nerve compression is the likely cause. Sugar Crush exposes the shocking truth about how a diet high in sugar, processed carbohydrates, and wheat compresses and damages the peripheral nerves of the body, leading to pain, numbness, and tingling in the hands and feet, along with a

host of related conditions, including migraines, gall bladder disease, and diabetes. Over the years, Dr. Richard Jacoby has treated thousands of patients with peripheral neuropathy. Now, he shares his insights as well as the story of how he connected the dots to determine how sugar is the common denominator of many chronic diseases. In *Sugar Crush*, he offers a unique holistic approach to understanding the exacting toll sugar and carbs take on the body. Based on his clinical work, he breaks down his highly effective methods, showing how dietary changes reducing sugar and wheat, coinciding with an increase of good fats, can dramatically help regenerate nerves and rehabilitate their normal function. *Sugar Crush* includes a quiz to assess your nerve damage, practical dietary advice, and the latest thinking on ways to prevent and reverse neuropathy. If you have diabetes, this essential guide will help you understand the dangers and give you the tools you need to make a difference beyond your doctor's prescriptions. If you have the metabolic syndrome or prediabetes, or are just concerned about your health, it will help you reverse and prevent nerve damage.

Pure, White and Deadly-John Yudkin 1988

Fat Chance-Robert H. Lustig 2013 Documents the science and politics behind the pandemic of chronic disease, chronicling how the food industry has replaced fat with sugar and triggered biochemical changes that can be overcome through strategic hormone-adjusting measures.

Pure, White, and Deadly-John Yudkin 2013-08-28 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.

The Case Against Sugar-Gary Taubes 2017-12-05 Originally published in hardcover in 2016 by Alfred A. Knopf.

Sugarproof-Michael Goran 2020-09-01 A leading childhood nutrition researcher and an experienced public health educator explain the hidden danger sugar poses to a child's development and health and offer parents an essential 7- and 28-day "sugarproof" program. Most of us know that sugar can wreak havoc on adult bodies, but few realize how uniquely harmful it is to the growing livers, hearts, and brains of children. And the damage can begin early in life. In his research on the effects of sugar on kids' present and future health, USC Professor of Pediatrics and Program Director for Diabetes and Obesity at Children's Hospital Los Angeles Michael Goran has found that too much sugar doesn't just cause childhood obesity, it can cause health issues in kids who are not overweight too, including fatty liver disease, prediabetes, and elevated risk for eventual heart disease. And, it is a likely culprit in the behavioral, emotional, and learning problems that many children struggle with every day. In a groundbreaking study, Goran's team conducted a detailed analysis of the sugary products that kids love and found that these yogurts, cereals, sodas, and juices often had more sugar than advertised and also contained different types of sugar than were being disclosed. Today's children are not just consuming more sugar than ever, but they are consuming sugars that are particularly harmful to them--and their parents don't even know it. The news is dire, but there is also plenty of hope. We can prevent, address, and even in many cases reverse the effects of too much sugar. In this guide to "Sugarproof" kids, Dr. Goran and co-author Dr. Emily Ventura, an expert in nutrition education and recipe development, bust myths about the various types of sugars and sweeteners,

help families identify sneaky sources of sugar in their diets, and suggest realistic, family-based solutions to reduce sugar consumption and therefore protect kids. Their unique "Sugarproof" approach teaches parents to raise informed and empowered kids who can set their own healthy limits without feeling restricted. With a 7- and 28-day challenge to help families right-size sugar in their diets, along with more than 35 recipes all without added sugars, everyone can give their children a healthy new start to life.

Bad Science-Gary Taubes 1993 A science journalist brings to life one of the greatest scientific frauds of our times with the story of the two obscure researchers who claimed to have discovered a clean, no-fuss method for harnessing the energy of a hydrogen bomb. 20,000 first printing.

Breaking Up With Sugar-Molly Carmel 2019-12-31 A proven plan to break free from your unhealthy relationship with Sugar - and reclaim your health and your life for good. The solution to your food and weight problems isn't willpower or the next fad diet - it's breaking up with Sugar. Molly Carmel, an eating disorder therapist with a thriving clinic in New York City, discovered the devastating role Sugar played in her own 20-year struggle with disordered eating. After reaching a peak weight of 325 pounds and trying every diet imaginable, Molly was finally able to dramatically transform her life--and find her happy weight--by breaking up with Sugar. Molly has since helped thousands of people overcome compulsive overeating, repetitive dieting, and Sugar addiction to reinvent their lives. Here, she shares her empowering 66-day blueprint for kicking Sugar to the curb - once and for all. Molly explains how Sugar is not only bad for your health, it's also a substance with highly addictive potential - one that creates physical, neurological, and hormonal changes that often make moderation impossible. This is the first book to address the emotional, spiritual, chemical, and physical components of this toxic relationship and help guide you through the steps to create a new and lasting relationship with food...and with yourself. Breaking Up with Sugar includes step-by-step meal plans to take the guesswork out of going Sugar-free, as well as seven key self-affirming vows you can rely on to help end the overeating and dieting cycle and release unhealthy weight. With empathy, honesty, and humor as your trusted coach and friend, Molly gives you essential tools to navigate

this new way of eating when life gets "life-y" or times get tough. Her sustainable roadmap will put you on the path to true freedom.

Sugar Nation-Jeff O'Connell 2011-07-19 THIS BOOK COULD SAVE YOUR LIFE -Every five seconds, one more person develops diabetes. -Worldwide, 285 million people are affected by type 2 diabetes. -Many of them have no idea. Here is the personal story of one man who has unearthed the mysteries of this global epidemic and offers hard-won practical advice for how readers can take control of their lives and combat this deadly disease. "Sugar Nation is a must-read! As a fitness expert myself, who has dealt with family diabetes and coaching families on how to limit their sugar intake, this book is a fundamental tool in educating the world on just how dangerous dietary sugar can be. Jeff O'Connell's direct yet user-friendly approach to this important and overlooked subject is more than refreshing. All will benefit from picking this book up." --Jennifer Nicole Lee, author of The Jennifer Nicole Lee Fitness Model Diet

Sugar Blues-William, Of 1981-07 It's a prime ingredient in countless substances from cereal to soup, from cola to coffee. Consumed at the rate of one hundred pounds for every American every year, it's as addictive as nicotine -- and as poisonous. It's sugar. And "Sugar Blues," inspired by the crusade of Hollywood legend Gloria Swanson, is the classic, bestselling expose that unmasks our generation's greatest medical killer and shows how a revitalizing, sugar-free diet can not only change lives, but quite possibly save them.

Fat Chance-Robert H. Lustig 2014-01-02 Documenting the science and the politics that has led to the pandemic of metabolic syndrome - whose symptoms include obesity, diabetes and heart disease - Robert Lustig exposes for the first time how changes in the food industry and in our wider environment have affected our collective metabolisms and waistlines.

The Elusive Benefits of Undereating and Exercise-Gary Taubes

2017-02-13 It should come as no surprise that low calorie and low fat diets rarely accomplish what they are expected to do—improve health and slim waistlines. Likewise, exercise, however beneficial it may be to fitness, only increases appetite and so often hinders weight loss. In this sharp and persuasive piece, acclaimed and bestselling science writer Gary Taubes exposes erroneous nutritional guidelines and finally provides evidence to curb misguided “calories-in, calories-out” model for why we get fat. A Vintage Shorts Wellness selection. An ebook short.

How to Cook Everything Fast-Mark Bittman 2014-10-07 Demonstrates how to minimize cooking times while becoming more intuitive in the kitchen, sharing hundreds of simple, flavorful dishes that can be prepared in fifteen to forty-five minutes.

Year of No Sugar-Eve Schaub 2014-04-08 For fans of the New York Times bestseller I Quit Sugar or Katie Couric's controversial food industry documentary Fed Up, A Year of No Sugar is a "delightfully readable account of how [one family] survived a yearlong sugar-free diet and lived to tell the tale...A funny, intelligent, and informative memoir." —Kirkus It's dinnertime. Do you know where your sugar is coming from? Most likely everywhere. Sure, it's in ice cream and cookies, but what scared Eve O. Schaub was the secret world of sugar—hidden in bacon, crackers, salad dressing, pasta sauce, chicken broth, and baby food. With her eyes opened by the work of obesity expert Dr. Robert Lustig and others, Eve challenged her husband and two school-age daughters to join her on a quest to quit sugar for an entire year. Along the way, Eve uncovered the real costs of our sugar-heavy American diet—including diabetes, obesity, and increased incidences of health problems such as heart disease and cancer. The stories, tips, and recipes she shares throw fresh light on questionable nutritional advice we've been following for years and show that it is possible to eat at restaurants and go grocery shopping—with less and even no added sugar. Year of No Sugar is what the conversation about "kicking the sugar addiction" looks like for a real American family—a roller coaster of unexpected discoveries and challenges. "As an outspoken advocate for healthy eating, I found Schaub's book to shine a much-needed spotlight on an aspect of American culture that is making us sick, fat, and unhappy, and

it does so with wit and warmth."—Suvir Sara, author of Indian Home Cooking "Delicious and compelling, her book is just about the best sugar substitute I've ever encountered."—Pulitzer Prize-winning author Ron Powers

ADHD Nation-Alan Schwarz 2017-09-05 More than 1 in 7 American children get diagnosed with ADHD - three times what experts have said is appropriate - meaning that millions of kids are misdiagnosed and taking medications such as Adderall or Concerta for a psychiatric condition they probably do not have. The numbers rise every year. And still, many experts and drug companies deny any cause for concern. In fact, they say that adults and the rest of the world should embrace ADHD and that its medications will transform their lives.

Food Law and Policy-Jacob E. Gersen 2018-08-20 Food Law and Policy surveys the elements of modern food law. It broadens the coverage of traditional food and drug law topics of safety, marketing, and nutrition, and includes law governing environment, international trade, and other legal aspects of the modern food system. The result is the first casebook that provides a comprehensive treatment of food law as a unique discipline. Key Features: Draws together cases with other regulatory materials such as rulemaking documents and agency requests for proposals for grant funding. Focuses on federal law and includes discussion of innovations in food law happening at the municipal, state and federal level. Covers the latest developments in food law.

Lick the Sugar Habit-Nancy Appleton 1996 In Lick the Sugar Habit, Dr. Nancy Appleton shows how sugar upsets body chemistry and devastates the endocrine and immune systems, to result in a host of diseases and conditions—from tooth decay to diabetes to osteoporosis. By following Dr. Appleton's self-help program, you too can lick the sugar habit.

Zero Sugar Diet-David Zinczenko 2016-12-27 NEW YORK TIMES

BESTSELLER • Lose up to a pound a day and curb your craving for sweets with delicious recipes and simple, science-based food swaps from David Zinczenko, NBC's health and wellness contributor and bestselling author of Zero Belly Diet, Zero Belly Smoothies, and Eat This, Not That! With Zero Sugar Diet, #1 New York Times bestselling author David Zinczenko continues his twenty-year mission to help Americans live their happiest and healthiest lives, uncovering revolutionary new research that explains why you can't lose weight—and shows that it's not your fault! The true culprit is sugar—specifically added sugars—which food manufacturers sneak into almost everything we eat, from bread to cold cuts to yogurt, peanut butter, pizza, and even “health” foods. Until now, there's been no way to tell how much added sugar you're eating—or how to avoid it without sacrifice. But with the simple steps in Zero Sugar Diet, you'll be able to eat all your favorite foods and strip away unnecessary sugars—losing weight at a rate of up to one pound per day, while still enjoying the sweeter things in life. By replacing empty calories with essential ones—swapping in whole foods and fiber and swapping out added sugars—you'll conquer your cravings and prevent the blood sugar surge that leads to some of the worst health scourges in America today, including abdominal fat, diabetes, heart disease, cancer, liver disease, fatigue, and tooth decay. And all it takes is 14 days. You'll be stunned by the reported results: Lisa Gardner, 49, lost 10 pounds Tara Anderson, 42, lost 10 pounds David Menkhaus, 62, lost 15 pounds Ricky Casados, 56, lost 12 pounds You, too, can melt away belly fat, boost your energy levels and metabolism, and take control of your health and your life, armed with a comprehensive grocery list of fresh produce, proteins, whole grains, and even prepared meals, accompanied by two weeks' worth of fiber-rich breakfast, lunch, dinner, and snack recipes and real-life results from successful Zero Sugar dieters. The fat-burning formula for long-term weight loss and optimal health is at your fingertips. Join in the crusade and say goodbye to added sugars—and goodbye to your belly—with Zero Sugar Diet! Praise for Zero Sugar Diet “Zero Sugar Diet targets an easily identifiable enemy, comparing excess sugar in our diet to a deadly virus. . . . Well, that got my attention.”—The New York Times Book Review “A user-friendly guide [that provides] a wealth of helpful information and tools for those wishing to limit added sugars in their diet.”—Library Journal “This plan is informative and entertaining (e.g., a chart converts common meals to their equivalent in donuts; ‘an open letter from your pancreas’) and will help readers rein in cravings and become savvy monitors of added sugar

consumption.”—Publishers Weekly

The Diet Delusion-Gary Taubes 2009-01-01 Where mainstream nutritional science has demonised dietary fat for 50 years, hundreds of millions of dollars of research have failed to prove that eating a low-fat diet will help you live longer. Nutrition and obesity scientists have struggled to make sense of the paradox that obesity has become an epidemic, that diabetes rates have soared and the incidence of heart disease has not declined despite the fact that society is more diet and health aware today than generations ago. The Diet Delusion is an in-depth, scientific, groundbreaking examination of what actually happens in your body as a result of what you eat, rather than what the diet industry might have you believe happens and is essential reading for anyone trying to decide which diet - low-fat or low-carbohydrate - is truly the healthy diet. For years we have been deluded by the dieting industry. Now it's time to find out the truth.

The Big Fat Surprise-Nina Teicholz 2014-05-13 A New York Times bestseller Named one of The Economist's Books of the Year 2014 Named one of The Wall Street Journal's Top Ten Best Nonfiction Books of 2014 Kirkus Reviews Best Nonfiction Books of 2014 Forbes's Most Memorable Healthcare Book of 2014 In The Big Fat Surprise, investigative journalist Nina Teicholz reveals the unthinkable: that everything we thought we knew about dietary fat is wrong. She documents how the low-fat nutrition advice of the past sixty years has amounted to a vast uncontrolled experiment on the entire population, with disastrous consequences for our health. For decades, we have been told that the best possible diet involves cutting back on fat, especially saturated fat, and that if we are not getting healthier or thinner it must be because we are not trying hard enough. But what if the low-fat diet is itself the problem? What if the very foods we've been denying ourselves—the creamy cheeses, the sizzling steaks—are themselves the key to reversing the epidemics of obesity, diabetes, and heart disease? In this captivating, vibrant, and convincing narrative, based on a nine-year-long investigation, Teicholz shows how the misinformation about saturated fats took hold in the scientific community and the public imagination, and how recent findings have overturned these beliefs. She explains why the

Mediterranean Diet is not the healthiest, and how we might be replacing trans fats with something even worse. This startling history demonstrates how nutrition science has gotten it so wrong: how overzealous researchers, through a combination of ego, bias, and premature institutional consensus, have allowed dangerous misrepresentations to become dietary dogma. With eye-opening scientific rigor, *The Big Fat Surprise* upends the conventional wisdom about all fats with the groundbreaking claim that more, not less, dietary fat—including saturated fat—is what leads to better health and wellness. Science shows that we have been needlessly avoiding meat, cheese, whole milk, and eggs for decades and that we can now, guilt-free, welcome these delicious foods back into our lives.

The Righteous Mind-Jonathan Haidt 2013 Presents a groundbreaking investigation into the origins of morality at the core of religion and politics, offering scholarly insight into the motivations behind cultural clashes that are polarizing America.

Syndrome X-Terry Kirsten Strom 2002-02-28 Millions of Americans follow the "best" medical advice every day to prevent heart attacks -- eating the standard low-fat, high-carbohydrate diet so widely recommended by doctors -- but in fact they are placing themselves at greater risk for heart disease. In *Syndrome X: Overcoming the Silent Killer That Can Give You a Heart Attack*, Dr. Gerald Reaven, the world-renowned physician who identified and named this silent killer, explains why the standard heart-healthy diet can be dangerous and lays out a simple six-step program to reduce the risk of heart disease for everyone. The problem stems from a little-known cluster of metabolic abnormalities known as Syndrome X. The insulin resistance that lies at the heart of the syndrome can turn normal rules of good health upside down and dramatically increase the risk of heart disease. Fortunately, Syndrome X can be cured. This important book explains how to identify the disorder and provides a program of diet and exercise (plus medication when necessary) that can render Syndrome X harmless. Tested in carefully controlled research settings and in practice, this remarkable new approach has the ability to reduce the risk of heart attacks and heart disease for all of us. Dr. Reaven shows how eating a diet relatively high in "good" fats (40 percent of calories) can dramatically lower the risk of heart

disease if you have Syndrome X. The approach seems paradoxical: Everyone "knows" that fat is bad, so how can more fat possibly lead to better health? The answer lies in the type of fat and the body chemistry of the people who consume it. If you have the abnormal metabolism called Syndrome X, eating a low-fat, high-carbohydrate diet to lower your LDL and blood fats won't protect you. In fact, doing so will increase the odds of heart disease. Millions of Americans have the potentially deadly, yet easily identifiable signs of Syndrome X -- but few cases are detected in time, because most physicians don't know what to look for. This trailblazing book will change that, making doctors and patients aware of the problem -- and its easy solution, an integrated program of diet and exercise that simultaneously reduces all the risk factors for heart disease, including Syndrome X. Dr. Reaven's discovery of Syndrome X has shown us that the standard approach to preventing heart disease is dangerous for many of us. Now, his safe, proven new approach explains how millions can drastically reduce their risk of heart disease. His program works not only for those who have Syndrome X, but also for anyone who simply wants to reduce the risk of heart disease.

Salt Wars-Michael F. Jacobson 2020 From the crusader credited with popularizing the phrase "junk food," *Salt Wars* uncovers the group of scientists who worked with food industry lobbyists and fought all efforts to reduce the dangerous levels of sodium in our food. A high-sodium diet is deadly; studies have linked it to high blood pressure, stroke, and heart attacks. It's been estimated that excess sodium in the American diet causes as many as 100,000 deaths per year. And yet salt is everywhere in our diets--in packaged food, fast food, and restaurant meals. Why hasn't salt received the sort of attention and regulatory action that sugar and fat have? In *Salt Wars*, Michael Jacobson explains how the American food industry have fought government efforts to reduce dangerous levels of sodium in our food.

The Flavor Matrix-James Briscione 2018 One of *Smithsonian Magazine's* Ten Best Food Books of the Year A revolutionary new guide to pairing ingredients, based on a famous chef's groundbreaking research into the chemical basis of flavor As an instructor at one of the world's top culinary schools, James Briscione thought he knew how to mix and match ingredients. Then he met IBM Watson. Working with the supercomputer to

turn big data into delicious recipes, Briscione realized that he (like most chefs) knew next to nothing about why different foods taste good together. That epiphany launched him on a quest to understand the molecular basis of flavor--and it led, in time, to The Flavor Matrix. A groundbreaking ingredient-pairing guide, The Flavor Matrix shows how science can unlock unheard-of possibilities for combining foods into astonishingly inventive dishes. Briscione distills chemical analyses of different ingredients into easy-to-use infographics, and presents mind-blowing recipes that he's created with them. The result of intensive research and incredible creativity in the kitchen, The Flavor Matrix is a must-have for home cooks and professional chefs alike: the only flavor-pairing manual anyone will ever need.

Cravings-Judy Collins 2018-01-02 "Since childhood, Judy Collins has been preoccupied, haunted, seduced, and taunted by food, a problem that nearly cost her her career and her life. For decades she thought her food issues were moral issues--lack of self-will, lack of discipline--and she worked hard at controlling what she thought of as her shameful inclinations, employing measures that led to serious health complications. Today she knows she was born with an addiction to sugar and grains, flour and wheat. The discovery of a solution to her problem prompted the desire to share what she has learned, which has brought her peace of mind, a clean food plan, years of maintaining the same weight, and a glow of joy and health"--

The Hacking of the American Mind-Robert H. Lustig 2017-09-12 "Explores how industry has manipulated our most deep-seated survival instincts."—David Perlmutter, MD, Author, #1 New York Times bestseller, Grain Brain and Brain Maker The New York Times--bestselling author of Fat Chance reveals the corporate scheme to sell pleasure, driving the international epidemic of addiction, depression, and chronic disease. While researching the toxic and addictive properties of sugar for his New York Times bestseller Fat Chance, Robert Lustig made an alarming discovery—our pursuit of happiness is being subverted by a culture of addiction and depression from which we may never recover. Dopamine is the “reward” neurotransmitter that tells our brains we want more; yet every substance or behavior that releases dopamine in the extreme leads to

addiction. Serotonin is the “contentment” neurotransmitter that tells our brains we don’t need any more; yet its deficiency leads to depression. Ideally, both are in optimal supply. Yet dopamine evolved to overwhelm serotonin—because our ancestors were more likely to survive if they were constantly motivated—with the result that constant desire can chemically destroy our ability to feel happiness, while sending us down the slippery slope to addiction. In the last forty years, government legislation and subsidies have promoted ever-available temptation (sugar, drugs, social media, porn) combined with constant stress (work, home, money, Internet), with the end result of an unprecedented epidemic of addiction, anxiety, depression, and chronic disease. And with the advent of neuromarketing, corporate America has successfully imprisoned us in an endless loop of desire and consumption from which there is no obvious escape. With his customary wit and incisiveness, Lustig not only reveals the science that drives these states of mind, he points his finger directly at the corporations that helped create this mess, and the government actors who facilitated it, and he offers solutions we can all use in the pursuit of happiness, even in the face of overwhelming opposition. Always fearless and provocative, Lustig marshals a call to action, with seminal implications for our health, our well-being, and our culture.

A Lesson Before Dying-Ernest J. Gaines 2004-01-20 “This majestic, moving novel is an instant classic, a book that will be read, discussed and taught beyond the rest of our lives.”—Chicago Tribune Winner of the National Book Critics Circle Award, A Lesson Before Dying is a deep and compassionate novel about a young man who returns to 1940s Cajun country to visit a black youth on death row for a crime he didn't commit. Together they come to understand the heroism of resisting. From the critically acclaimed author of A Gathering of Old Men and The Autobiography of Miss Jane Pittman.

Good Sugar Bad Sugar-Allen Carr 2016-08-01 READ GOOD SUGAR BAD SUGAR AND BE THE WEIGHT YOU WANT TO BE FOR THE REST OF YOUR LIFE. Good Sugar Bad Sugar tackles the biggest dietary threat to the modern world: The addiction to refined sugar and processed carbohydrates, which is causing epidemics in obesity and Type 2 diabetes on a global scale.

Sugar and carb consumption is an addiction that begins at birth, but once you free yourself with Easyway, you'll enjoy better health, higher levels of energy, dramatically improved body shape, and a happier, healthier lifestyle. Allen Carr has helped millions worldwide and he can do the same for you. His books have sold over 15 million copies worldwide, and read by an estimated 40 million people, while countless more have been helped through his network of clinics. Allen Carr's Easyway has spread all over the world for one reason alone: BECAUSE IT WORKS. • A UNIQUE METHOD THAT DOES NOT REQUIRE WILLPOWER • REMOVES ADDICTION TO REFINED SUGAR AND PROCESSED CARBOHYDRATES • STOP EASILY, IMMEDIATELY AND PAINLESSLY • REGAIN CONTROL OF YOUR LIFE

What people say about Allen Carr's Easyway method: "The Allen Carr program was nothing short of a miracle." Anjelica Huston "It was such a revelation that instantly I was freed from my addiction." Sir Anthony Hopkins "His skill is in removing the psychological dependence." The Sunday Times

The Vegetarian Myth-Lierre Keith 2009-05-01 Part memoir, nutritional primer, and political manifesto, this controversial examination exposes the destructive history of agriculture—causing the devastation of prairies and forests, driving countless species extinct, altering the climate, and destroying the topsoil—and asserts that, in order to save the planet, food must come from within living communities. In order for this to happen, the argument champions eating locally and sustainably and encourages those with the resources to grow their own food. Further examining the question of what to eat from the perspective of both human and environmental health, the account goes beyond health choices and discusses potential moral issues from eating—or not eating—animals. Through the deeply personal narrative of someone who practiced veganism for 20 years, this unique exploration also discusses alternatives to industrial farming, reveals the risks of a vegan diet, and explains why animals belong on ecologically sound farms.

Death by Food Pyramid-Denise Minger 2013 Argues against the implementation of the USDA food guide pyramid and the study that inspired it.

The Third Plate-Dan Barber 2014 "Barber explores the evolution of American food from the 'first plate,' or industrially-produced, meat-heavy dishes, to the 'second plate' of grass-fed meat and organic greens, and says that both of these approaches are ultimately neither sustainable nor healthy. Instead, Barber proposes Americans should move to the 'third plate,' a cuisine rooted in seasonal productivity, natural livestock rhythms, whole-grains, and small portions of free-range meat"--Provided by publishe

Mycophilia-Eugenia Bone 2011-10-25 An incredibly versatile cooking ingredient containing an abundance of vitamins, minerals, and possibly cancer-fighting properties, mushrooms are among the most expensive and sought-after foods on the planet. Yet when it comes to fungi, culinary uses are only the tip of the iceberg. Throughout history fungus has been prized for its diverse properties—medicinal, ecological, even recreational—and has spawned its own quirky subculture dedicated to exploring the weird biology and celebrating the unique role it plays on earth. In *Mycophilia*, accomplished food writer and cookbook author Eugenia Bone examines the role of fungi as exotic delicacy, curative, poison, and hallucinogen, and ultimately discovers that a greater understanding of fungi is key to facing many challenges of the 21st century. Engrossing, surprising, and packed with up-to-date science and cultural exploration, *Mycophilia* is part narrative and part primer for foodies, science buffs, environmental advocates, and anyone interested in learning a lot about one of the least understood and most curious organisms in nature.

How to Feed the World-Jessica Eise 2018-03-15 By 2050, we will have ten billion mouths to feed in a world profoundly altered by environmental change. How can we meet this challenge? In *How to Feed the World*, a diverse group of experts from Purdue University break down this crucial question by tackling big issues one-by-one. Covering population, water, land, climate change, technology, food systems, trade, food waste and loss, health, social buy-in, communication, and, lastly, the ultimate challenge of achieving equal access to food, the book reveals a complex web of factors

that must be addressed in order to reach global food security. *How to Feed the World* unites contributors from different perspectives and academic disciplines, ranging from agronomy and hydrology to agricultural economy and communication. Hailing from Germany, the Philippines, the U.S., Ecuador, and beyond, the contributors weave their own life experiences into their chapters, connecting global issues to our tangible, day-to-day existence. Across every chapter, a similar theme emerges: these are not simple problems, yet we can overcome them. Doing so will require cooperation between farmers, scientists, policy makers, consumers, and many others. The resulting collection is an accessible but wide-ranging look at the modern food system. Readers will not only get a solid grounding in key issues, but be challenged to investigate further and contribute to the paramount effort to feed the world.

Soda Politics-Marion Nestle 2015-09-07 Sodas are astonishing products. Little more than flavored sugar-water, these drinks cost practically nothing to produce or buy, yet have turned their makers--principally Coca-Cola and PepsiCo--into a multibillion-dollar industry with global recognition, distribution, and political power. Billed as "refreshing," "tasty," "crisp," and "the real thing," sodas also happen to be so well established to contribute to poor dental hygiene, higher calorie intake, obesity, and type-2 diabetes that the first line of defense against any of these conditions is to simply stop drinking them. Habitually drinking large volumes of soda not only harms individual health, but also burdens societies with runaway healthcare costs. So how did products containing absurdly inexpensive ingredients become multibillion dollar industries and international brand icons, while also having a devastating impact on public health? In *Soda Politics*, the 2016 James Beard Award for Writing & Literature Winner, Dr. Marion Nestle answers this question by detailing all of the ways that the soft drink industry works overtime to make drinking soda as common and accepted as drinking water, for adults and children. Dr. Nestle, a renowned food and

nutrition policy expert and public health advocate, shows how sodas are principally miracles of advertising; Coca-Cola and PepsiCo spend billions of dollars each year to promote their sale to children, minorities, and low-income populations, in developing as well as industrialized nations. And once they have stimulated that demand, they leave no stone unturned to protect profits. That includes lobbying to prevent any measures that would discourage soda sales, strategically donating money to health organizations and researchers who can make the science about sodas appear confusing, and engaging in Corporate Social Responsibility (CSR) activities to create goodwill and silence critics. *Soda Politics* follows the money trail wherever it leads, revealing how hard Big Soda works to sell as much of their products as possible to an increasingly obese world. But *Soda Politics* does more than just diagnose a problem--it encourages readers to help find solutions. From Berkeley to Mexico City and beyond, advocates are successfully countering the relentless marketing, promotion, and political protection of sugary drinks. And their actions are having an impact--for all of the hardball and softball tactics the soft drink industry employs to maintain the status quo, soda consumption has been flat or falling for years. Health advocacy campaigns are now the single greatest threat to soda companies' profits. *Soda Politics* provides readers with the tools they need to keep up pressure on Big Soda in order to build healthier and more sustainable food systems.

Uttermost Part of the Earth-E. Lucas Bridges 2010-11-01 The classic work on Tierra del Fuego that inspired Bruce Chatwin to write 'In Patagonia' is available again with the original photographs, endpapers and gate-fold maps.