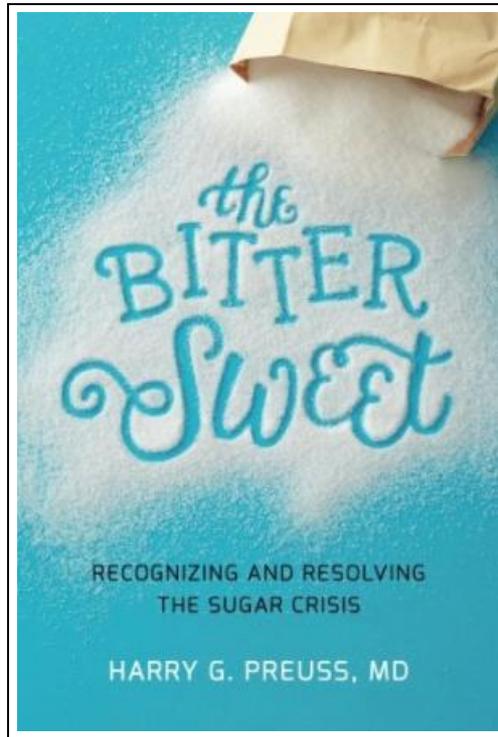


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Remember when everything was low fat? After a study on the effect of sugar and fat on the body, fat was labeled a toxic substance by the health industry. It s no coincidence that the obesity epidemic began soon after. Harry G. Preuss, MD, has devoted his career to studying nutrition and knows the true culprit behind high cholesterol: Sugar. His new health and nutrition guide explores the current sugar crisis and its connection to premature aging, obesity, and the development of type 2 diabetes. Sugar consumption can also increase your risk of heart disease, joint problems, and certain cancers. Preuss gives you easy alternatives to the substantial amounts of sugar found in everyday foods. The Bitter Sweet helps you understand why sugar is harmful to your body, guard against diabetes and other diseases related to sugar intake, calculate what is a healthy weight for you, make better diet choices, find easy ways to be active, use dietary supplements, improve your insulin sensitivity, block sugar absorption, and burn fat. Begin eating healthier and keeping sucrose away from your body. You won t believe the difference it can make to your daily health and long-term fitness.



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