



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

By John Yudkin

Penguin Books, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book. More than 40 years before Gary Taubes published *The Case Against Sugar*, John Yudkin published his now-classic expose 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 expose, *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...



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