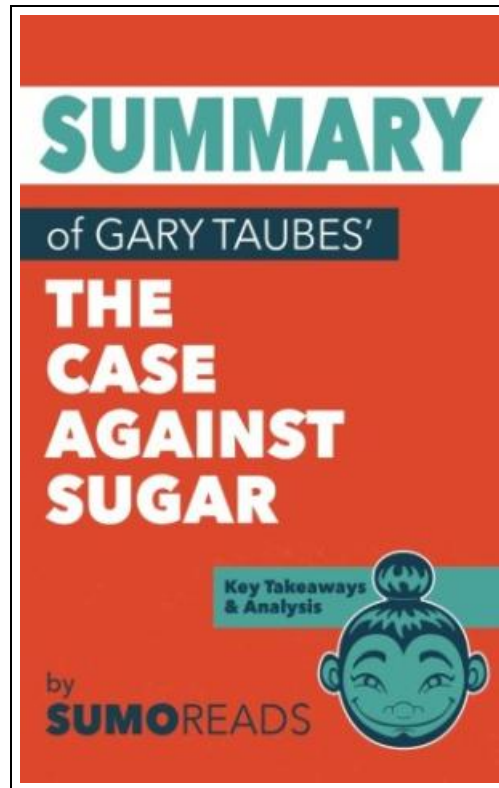


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.PLEASE NOTE: This is a summary, analysis and review of the book and not the original book. Gary Taubes scathing and thoroughly-researched look into the real effects of sugar on our health, *The Case Against Sugar*, provides hard scientific evidence for the real causes of obesity, heart disease, and other Western diseases while highlighting the real culprits in the prevalence of sugar in our diets. This SUMOREADS Summary Analysis offers supplementary material to *The Case Against Sugar* to help you distill the key takeaways, review the book's content, and further understand the writing style and overall themes from an editorial perspective. Whether you'd like to deepen your understanding, refresh your memory, or simply decide whether or not this book is for you, SUMOREADS Summary Analysis is here to help. Absorb everything you need to know in under 20 minutes! What does this SUMOREADS Summary Analysis include? Executive Summary of the original book Editorial Review Key Takeaways Analysis Brief chapter-by-chapter summaries A short bio of the author Original Book Summary Overview The abundance and affordability of sugar have seemingly made modern life much sweeter than decades past - but at a cost. In *The Case Against Sugar*, Taubes explores the dark side of sugar, from the minor inconveniences it is known to cause, to the more sinister diseases that have become epidemics since sugar became ubiquitous. He explains why despite being a suspect in diabetes, sugar continues to be perceived as a largely innocent part of the human diet, thanks to biased scientific research and marketing campaigns funded by the sugar industry. Lastly, he explores the controversial connection this dangerously addicting white powder has to hypertension, cancer, Alzheimer's, and...



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