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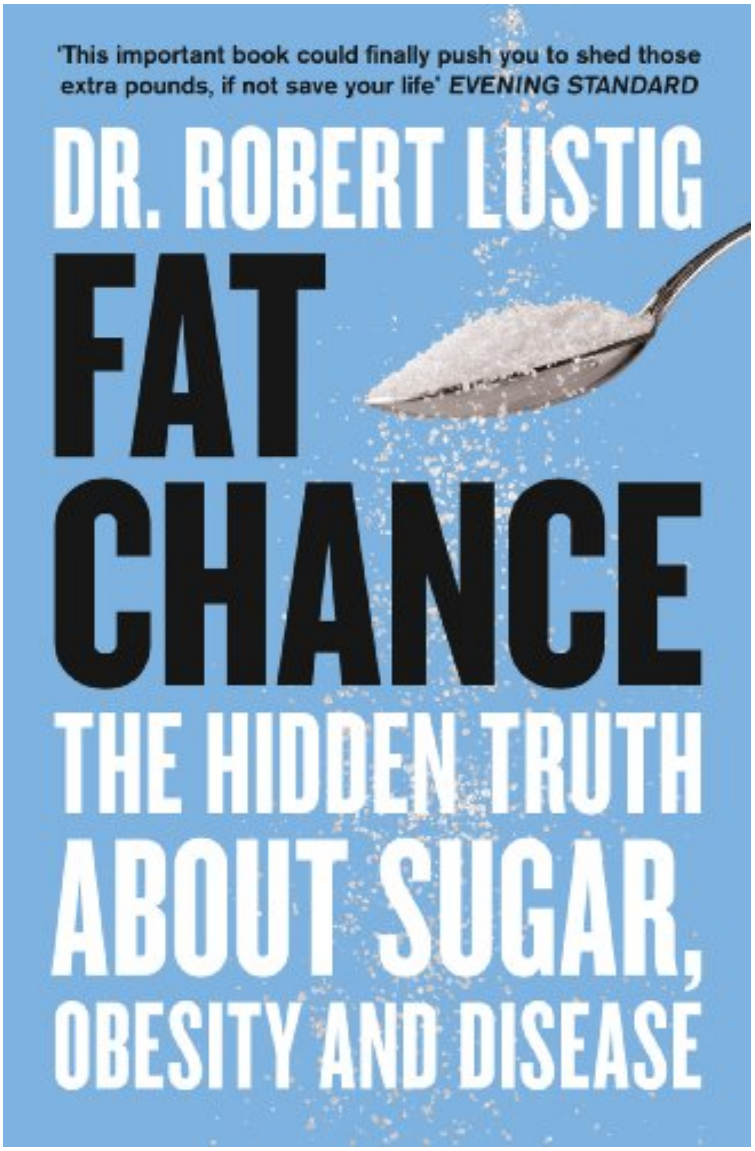
Fat Chance: The bitter truth about sugar



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Par Dr. Robert Lustig
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Par Dr. Robert Lustig : Fat Chance: The bitter truth about sugar before purchasing it in order to gage whether or not it would be worth my time, and all praised Fat Chance: The bitter truth about sugar:

Description :

Prsentation de l'diteurSugar is addictive, toxic and everywhere. Find out how your sweet tooth might be nibbling you to death in this straight-talking expos.Fat Chance, documents the science and the politics that has led to the pandemic of metabolic syndrome which results in conditions like obesity, diabetes and heart disease. Dr Robert Lustig exposes how changes in the food industry and in our wider environment have affected our collective metabolisms and our waistlines, and he shows how industry and political forces, motivated by greed, dont want things to change.To help us lose weight and recover our health, Lustig presents personal strategies to readjust the key hormones that regulate hunger and reward and suggests societal strategies to improve the health of the next generation. Discover how every calorie is different and

that cutting out sugar is not just about making us thin its about making us healthier, happier and smarter.ExtraitThe Mediterranean DietPioppi, a small town in Italy, is the home of the Mediterranean diet. In Ancel Keys' Seven Countries study (Italy was one of the countries), this diet was associated with lower death rates from heart disease. The diet was popularized in America due to its population's low incidence of disease and long lifespan. Unfortunately, Pioppi and many surrounding areas that originally consumed a peasant fare can no longer afford to do so. Processed food is more readily available and cheaper. These areas, once renowned for their health, have soaring rates of obesity in part due to a current lack of whole grains, fresh fruits, and vegetables from their diets. These items are just too expensive, and they don't taste as good.Here's what's in therealMediterranean diet: high olive oil consumption (mono-unsaturated fat); legumes (beans, lentils, peas); fruits, vegetables, and unrefined grains (fiber); dairy products (saturated fat); eggs (high-quality protein); fish (omega-3s); and wine in moderation (resveratrol, flavonoids, and likely other factors). Americans misunderstand the Mediterranean diet, because they think it is all about pasta, which is Italian butnotMediterranean. Because what the Italians used to eat in Italy is not what the Italians eat in the United States. The pasta and pizza movement actually started in the United States within the poor Italian immigrant population, based on the cost of carbohydrates versus meat. That diet then migrated over to Italy. And now the Italians have our problem.Revue de presseNo scientist has done more in the last fifty years to alert Americans to the potential dangers of sugar in the diet than Dr. Robert Lustig.--Gary Taubes, author of Good Calories, Bad Calories and Why We Get FatOur eating habits are killing us. In this timely and important book, Dr. Robert Lustig presents the scientific evidence for the toxicity of sugar and the disastrous effects of modern industrial food on the hormones that control hunger, satiety, and weight. He gives recommendations for a personal solution to the problem we face and also suggests a public policy solution. Fat Chance is the best book I've read on the relationship between diet and health and the clearest explanation of epidemic obesity in our society.--Andrew Weil, M.D., author of Spontaneous Happiness and You Cant Afford to Get SickFat Chance is THE manifesto for our time. It reveals the real reasons we why we are a fat nation and how to cure the obesity epidemic. It getsright to the root of the problem, which is not gluttony and sloth, as the food industry, government and your neighbor would have you believe. It is because we are drowning in a sea of sugar which poisons our metabolism, shrinks our brains, and threatens our national security and global competitiveness. Every American, politician, teacher, and business leader must read this book. Our nation's future depends on it.--Mark Hyman, M.D., author of The Blood Sugar SolutionFat Chance is an extraordinary achievement. Obesity's causes, mechanisms, health consequences, and preventive approaches are all devilishly complicated, but Dr. Lustig's outstanding contribution clarifies the complexity via a writing style that's accessible, insightful, and often gently humorous. Robert Lustig is a clinician, a scientist, and an advocate a combination that that makes him uniquely qualified to bring the condition's many facets into sharp focus. Obesity has become the world's number one health problem. Fat Chance is the book for all of us who must confront this epidemic.--S. Boyd Eaton, M.D., Departments of Radiology and Anthropology, Emory University, and father of the Paleo Diet movementRobert Lustig is neither ringing an alarm bell nor giving us a gentle, paternalistic nudge. His message is more authentic. He is a medical doctor issuing a prescription. In order to address a current cocktail of health threats, Americans must alter their diets and do so radically. Those alterations must begin with a dramatic reduction in the consumption of sugars.--Alec BaldwinThe obesity pandemic is well documented. But what can be done about it? More importantly, when does a personal health issue rise to become a public health crisis? In Fat Chance, Dr. Robert Lustig examines the science of obesity to determine the role that our current diet (especially too much sugar and too little fiber) plays in weight gain and disease. Using that knowledge, he proposes changes in our personal, public, and governmental attitudes to combat this scourge. Fat Chance is a 'savory' read with a 'sweet' finish.--Sanjay Gupta, M.D., neurosurgeon and CNN medical correspondent