



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

By John Yudkin

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**Pure, White, and Deadly: How Sugar Is Killing Us and What We Can Do to Stop It** By John Yudkin

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.

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### **Editorial Review**

#### About the Author

John Yudkin (1910-1995) was a British physiologist and nutritionist. He became internationally famous with his book *Pure, White, and Deadly*, first published in 1972, and was one of the first scientists to claim that sugar was a major cause of obesity and heart disease.

### **Users Review**

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This *Pure, White, and Deadly: How Sugar Is Killing Us and What We Can Do to Stop It* book is just not ordinary book, you have it then the world is in your hands. The benefit you receive by reading this book will be information inside this guide incredible fresh, you will get details which is getting deeper a person read a lot of information you will get. This *Pure, White, and Deadly: How Sugar Is Killing Us and What We Can Do to Stop It* without we recognize teach the one who examining it become critical in pondering and analyzing. Don't end up being worry *Pure, White, and Deadly: How Sugar Is Killing Us and What We Can Do to Stop It* can bring if you are and not make your case space or bookshelves' come to be full because you can have it with your lovely laptop even telephone. This *Pure, White, and Deadly: How Sugar Is Killing Us and What We Can Do to Stop It* having good arrangement in word along with layout, so you will not sense uninterested in reading.

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##### **Diane Joiner:**

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