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### **Sugar Nation The Hidden Truth Behind America's Deadliest**

Sugar Nation is Jeff O'Connell's personal journey, but his health issues, I now realize, are my health issues, and this book has ripped the scales from my eyes. I suppose to really explain my reaction to this book, there has to be a little background about me.

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### **Sugar Nation Official Book Trailer**

Sugar Nation: The Hidden Truth Behind America's Deadliest Habit and the Simple Way to Beat It By Jeff O'Connell Published by Hyperion Books Jeff O'Connell is editor-in-chief at Bodybuilding.com

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### **Book Review Sugar Nation The Hidden Truth Behind**

Sugar Nation is not a book about our consumption of sugar and its deleterious effect on all parts of our health. It is a book about the diabetes epidemic and promotion of a low-carb diet. It is a book about the diabetes epidemic and promotion of a low-carb diet.

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### **Sugar Nation The Hidden Truth Behind book by Jeff O**

Buy a cheap copy of Sugar Nation: The Hidden Truth Behind book by Jeff O'Connell. THIS BOOK COULD SAVE YOUR LIFE-Every five seconds, one more person develops diabetes.-Worldwide, 285 million people are affected by type 2 diabetes.-Many of them Free shipping over \$10.

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