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To that aim, The Sugar Association began funding research in 1942, to demonstrate that sugar is actually good for you, and also to look for novel uses of sugar. Fred Stare and Ancel Keys were two prominent researchers funded by The Sugar Association.

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The Sugar Addict's Total Recovery Program All Natural

This has got to be the best book I have ever read on addiction. It especially focuses on sugar addiction, and let me tell you, it is like she personally wrote this book for me.

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How You Can Break Your Sugar Addiction in 10 Days Video

We often blame dietary fat for these problems, but the real culprit is sugar, says Mark Hyman, MD. It s hard to believe that 70 percent of Americans overall and 40 percent of children overweight.

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'10 Day Detox Diet' author Mark Hyman tells how to end

Sugar is killing us. It s not the couple of teaspoons we re stirring into our morning coffee, but the sweetened additives hidden inside processed foods that we eat every day.

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