

***Suicide By Sugar A Startling Look At Our 1 National Addiction***  
***Nancy Appleton***

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### **Suicide By Sugar A Startling**

There's no doubt about it: Americans are getting heavier and heavier. But new U.S. estimates may still come as a shock -- since the late 1980s and early 1990s, the average American has put on 15 ...

### **The average Americans' weight gain since the 1980s is ...**

Robin Williams, Chris Cornell, and Chester Bennington all revealed details of their struggles with depression and anxiety before they made the tragic decisions to end their lives. You're probably not surprised that people diagnosed with a psychiatric disorder, such as depression or anxiety, have an increased risk of suicide; in fact, a recent study estimates that 80% of people who attempt ...

### **Recent Study Confirms Antidepressants Increase Suicide Risk**

The unresolved and hastily covered-up death in 1931 of Geli Raubal, Hitler's half-niece and romantic obsession, has long been relegated to the murky footnotes of the \*Führer\*'s early career ...

### **The Unsolved Murder of Hitler's Half-Niece and His ...**

Get the latest health news, diet & fitness information, medical research, health care trends and health issues that affect you and your family on ABCNews.com

### **Health News | Latest Medical, Nutrition, Fitness News ...**

5 People Who Can Help You Love Your Body . Learning to love your body — whatever shape or size you may be — is easier said than done, but these people are out to teach all of us that there's ...

### **Well - The New York Times**

The greatest villain to appear on movie screens this summer isn't a serial killer, terrorist or giant monster. It's sugar. How evil a villain is it? According to the new documentary "Fed Up ...

### **Documentary: "Fed Up" with rising childhood obesity - CBS News**

Dental decay, although not as rampant as it once was in the American population, still affects many people. Even though it has declined from historic levels, the incidence of tooth decay is unfortunately again on the rise due to poor eating habits and an increase in sugar consumption.

### **CRPS / RSD AND DENTIST ISSUES - American RSDHope**

These days it seems carbohydrates are the Rodney Dangerfield of the food world – they get no respect. They don't deserve much. Carbs are largely to blame for our country's obesity epidemic and the many health problems that swim in its wake: high blood sugar, diabetes, heart disease, cancer and more.

### **Green Valley Natural Solutions**

While this is debilitating, it does not need to be paralyzing and can be fixed. The brain does have the ability to reorganise itself. Brain Harmonics is one way to reorganise and balance those ...

### **Brain harmonics | Health24**

Fairview Post - a place for remembering loved ones; a space for sharing memories, life stories, milestones, to express condolences, and celebrate life of your loved ones.

### **Obituaries | Fairview Post**

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### **Obituaries | Wetaskiwin Times**

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Hanna Herald - a place for remembering loved ones; a space for sharing memories, life stories, milestones, to express condolences, and celebrate life of your loved ones.

#### **Obituaries | Hanna Herald**

Alcoholism (alcohol use disorder) is a disease that affects over 14 million people in the U.S. Get the facts on the symptoms, treatment, and long-term effects of alcoholism and alcohol abuse.

#### **Alcoholism: Get Facts on Treatment, Signs & Withdrawal ...**

Leduc County Market - a place for remembering loved ones; a space for sharing memories, life stories, milestones, to express condolences, and celebrate life of your loved ones.

#### **Obituaries | Leduc County Market**

Nanton News - a place for remembering loved ones; a space for sharing memories, life stories, milestones, to express condolences, and celebrate life of your loved ones.

#### **Obituaries | Nanton News**

Vulcan Advocate - a place for remembering loved ones; a space for sharing memories, life stories, milestones, to express condolences, and celebrate life of your loved ones.

#### **Obituaries | Vulcan Advocate**

The World Happiness Report is a landmark survey of the state of global happiness that ranks 156 countries by how happy their citizens perceive themselves to be. The report is produced by the United Nations Sustainable Development Solutions Network in partnership with the Ernesto Illy Foundation.

#### **Addiction and Unhappiness in America | The World Happiness ...**

To help keto dieters stay the course, Lotito Foods has developed the Folios cheese wrap, a tortilla made entirely of cheese. These cheese wraps can be part of a healthy diet, but only if eaten in ...

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