

***Sugar Nation The Hidden Truth Behind Americas Deadliest Habit
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Sugar Nation The Hidden Truth

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" Sugar Nation is a must-read! As a fitness expert myself, who has dealt with family diabetes and coaching families on how to limit their sugar intake, this book is a fundamental tool in educating the world on just how dangerous dietary sugar can be.

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Sugar Nation: The Hidden Truth Behind America's Deadliest Habit And The Simple Way To Beat It (2000) About book: An interesting mix of autobiography and medical reporting. The author is a thin fairly young man who was diagnosed with pre-diabetes.

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Book Review: Sugar Nation – The Hidden Truth Behind America’s Deadliest Habit and the Simple Way to Beat It I recently read Sugar Nation , by Jeff O’Connell, published in 2011. Per Amazon.com’s

rating system, I give it five stars ("I love it").

Book Review: Sugar Nation - The Hidden Truth Behind America's Deadliest Habit and the Simple Way to Beat It | Diabetic Mediterranean Diet

Sugar Nation: The Hidden Truth Behind America's Deadliest Habit and the Simple Way to Beat It is written by Jeff O'Connell and newly released July 2011. Jeff is the editor-in-chief at BodyBuilding.com and has co-authored 4 other books. He was previously the executive writer at Men's Health magazine and editor-in-chief at Muscle & Fitness.

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