



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

By John Yudkin

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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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Stacey Thompson:

The book *Pure, White, and Deadly: How Sugar Is Killing Us and What We Can Do to Stop It* can give more knowledge and also the precise product information about everything you want. Why must we leave a good thing like a book *Pure, White, and Deadly: How Sugar Is Killing Us and What We Can Do to Stop It*? Wide variety you have a different opinion about e-book. But one aim that book can give many information for us. It is absolutely appropriate. Right now, try to closer along with your book. Knowledge or information that you take for that, you can give for each other; you are able to share all of these. Book *Pure, White, and Deadly: How Sugar Is Killing Us and What We Can Do to Stop It* has simple shape but the truth is know: it has great and massive function for you. You can search the enormous world by start and read a book. So it is very wonderful.

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