



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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Teresa Hunter:

Why don't make it to become your habit? Right now, try to ready your time to do the important act, like looking for your favorite guide and reading a publication. Beside you can solve your long lasting problem; you can add your knowledge by the book entitled *Pure, White, and Deadly: How Sugar Is Killing Us and What We Can Do to Stop It*. Try to the actual book *Pure, White, and Deadly: How Sugar Is Killing Us and What We Can Do to Stop It* as your buddy. It means that it can being your friend when you experience alone and beside that course make you smarter than before. Yeah, it is very fortunated for you personally. The book makes you much more confidence because you can know anything by the book. So , let us make new experience and knowledge with this book.

Harry Greene:

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

Teresa Randall:

Precisely why? Because this Pure, White, and Deadly: How Sugar Is Killing Us and What We Can Do to Stop It is an unordinary book that the inside of the publication waiting for you to snap that but latter it will zap you with the secret the item inside. Reading this book adjacent to it was fantastic author who also write the book in such amazing way makes the content on the inside easier to understand, entertaining technique but still convey the meaning completely. So , it is good for you for not hesitating having this anymore or you going to regret it. This unique book will give you a lot of positive aspects than the other book possess such as help improving your expertise and your critical thinking means. So , still want to postpone having that book? If I were you I will go to the book store hurriedly.

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