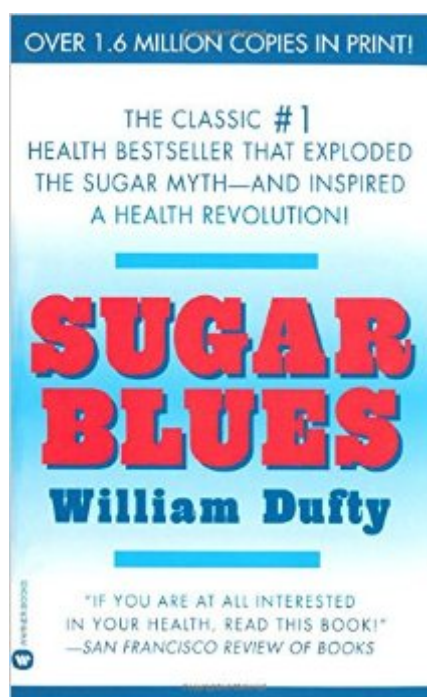


The book was found

# Sugar Blues



## Synopsis

It's a prime ingredient in countless substances from cereal to soup, from cola to coffee. Consumed at the rate of one hundred pounds for every American every year, it's as addictive as nicotine -- and as poisonous. It's sugar. And "Sugar Blues", inspired by the crusade of Hollywood legend Gloria Swanson, is the classic, bestselling expose that unmask's our generation's greatest medical killer and shows how a revitalizing, sugar-free diet can not only change lives, but quite possibly save them.

## Book Information

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Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (299 customer reviews)

Best Sellers Rank: #17,665 in Books (See Top 100 in Books) #25 in [Books > Health, Fitness & Dieting > Reference](#) #377 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets](#) #5127 in [Books > Reference](#)

## Customer Reviews

For weeks I walked to and from work, over one hour each way, to help drop through a weight plateau of 199 pounds. No matter what I did, including dieting, I was destined to be a 199-pounder for life! Then, one Sunday evening, I read the first few chapters of a book a friend lent me, "Sugar Blues" by Dufty. My first reaction to the information contained in it was entirely emotional: anger and disgust. Until that moment I had never given sugar a moment's worth of thought. That Sunday evening, I felt my anger so intensely, that I promised myself that I immediately would stop my ingestion of sugar for MORAL reasons. As I read further, I wished that I had known this information years ago. I wished that I had used this information while raising my children. I am saddened that I didn't get to the profound wisdom in this book sooner than I did. But, life is full of important lessons. This book is but lesson number one. And learning this lesson later is better than not learning it at all. While reading "SUGAR BLUES" I was also reading another book on the topic of meats. I decided to give up sugar and meats. That Sunday evening, I switched to a SWEETENER-FREE and meat-free

lifestyle. On Thursday of that week I spent time between the fetal position in bed and sprinting to the washroom. I thought I had the flu, but looking back, I now realize I had what I'd describe as, "withdrawl" symptoms. 24 hours later I was feeling better. 7 days later, when I weighed myself, I received the first of many self-fulfilling rewards: I cracked my weight-loss plateau, was finally down to 190 pounds. Three weeks later, I lost another 6 pounds and was down to 184. Seven weeks later I was at 177. 10 weeks later 174. I have had to tighten my belt 5 notches!

SUGAR BLUES William Dufty I read this book in 1975 when I was 28 years old. I had given up sugar for a year (100%) about five years prior to reading this -- which is what prompted the interest. I had come to the realization that EVERYTHING had sugar in it and I proceeded to even make my own ketchup (with handy instructions from Weight Watchers -- in 1971 they were just a mere dot on the map with products only -- no advertising that I remember). I used to carry around their salad dressings so that I could eat out and still maintain my good nutritional habits. I continue to come across this book on my bookshelf, and have taken up to reading it again just to see what the inspiration was. Sugar still remains in my diet - removing it 100% now would be tough -- even though I have an excellent health and exercise regime. Now, at age 53, even though I still weigh the same and wear the same size clothes as I did 30 years ago, I am prepared to cut back again on the excess sugar....it becomes more difficult to maintain the weight and physique as time goes on, so removing excess sugar would be a beneficial thing to do right now for my 50+ year old body. Everyone who loves sugar, knows that once they start eating (candy, baked goods, etc.) -- i.e., beginning from Halloween and ending after Christmas, that their system seems to then REQUIRE more and more -- that suddenly eating candy (sugars) everyday becomes a staple diet item. I see it happen every year, if I don't make a CONSCIOUS decision at the end of summer to NOT get caught up in the cycle. That approach has worked for me -- just being constantly aware. However, after coming across another review here, I am going to read "Get the Sugar Out...501 Ways....

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Sugar Gliders: The New Owner's Guide to Sugar Glider Care (Sugar Glider, Sugar Glider Care, Sugar Glider Books, Sugar Glider Facts, Pet Sugar Glider Book 1) Sugar Detox: Sugar Detox for Beginners - A QUICK START GUIDE to Bust Sugar Cravings, Stop Sugar Addiction, Increase Energy and Lose Weight with the Sugar Detox Diet, Sugar Free Recipes Included Sugar Detox: Beat Sugar Cravings Naturally in 14 Days! Lose Up to 15 Pounds in 14 Days! Step-By-Step Meal Plan And Recipes To Kick Sugar Cravings And ... diet, sugar free diet, low sugar diet,) Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide

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