



Sweet Poison (Paperback)

By David Gillespie

Penguin Books Ltd, United Kingdom, 2013. Paperback. Condition: New. Language: English . Brand New Book. Understand and break your addiction to sugar with David Gillespie's Sweet Poison. David Gillespie was 6 stone overweight, lethargic and desperate to lose weight fast - but he'd failed every diet out there. When David cut sugar from his diet he immediately started to lose weight and - more amazingly - kept it off. Now slim and with new reserves of energy, David set out to investigate the connection between sugar, our soaring obesity rates and some of the more worrying diseases of the twenty-first century. He discovered: IT'S NOT OUR FAULT WE'RE FAT *Sugar was once such a rare resource that we haven't developed an off-switch - we can keep eating sugar without feeling full. *In the space of 150 years, we have gone from eating no added sugar to more than 2 pounds a week. *Eating that much sugar, you would need to run 4.5 miles every day of your life to not put on weight. *Food manufacturers exploit our sugar addiction by lacing it through non-sweet products like bread, sauces and cereals. In Sweet Poison David Gillespie...



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