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Sweet Poison

By David Gillespie

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Sweet Poison, David Gillespie, 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; and food manufacturers exploit our sugar addiction by lacing it through 'non-sweet' products like bread, sauces and cereals. In Sweet Poison David Gillespie exposes one of the great health...



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Reviews

Comprehensive information for book fans. It is one of the most amazing book i actually have read. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Yoshiko Okuneva**

Merely no phrases to describe. It really is rally intriguing through reading time. I am happy to tell you that this is basically the greatest book i have go through in my own lifestyle and might be he greatest book for ever.

-- **Kattie Wunsch**