



The New Glucose Revolution: Sugar and Energy

By Brand-Miller, Jennie / Foster-Powell, Kaye

Hodder, Sydney, 2002. Paperback. Condition: New. The bestselling *The G. I. Factor*, recently updated and republished as *The New Glucose Revolution*, revolutionised the way we think about food via the glycemic index. This pocket guide to sugar and energy tells you what you really need to know about sugar. You don't have to 'beat' or 'bust' it. In clear and simple language, the authors dispel common myths about sugar and reveal why it's high time to get rid of the guilt. There's no doubt about it, refined sugar has a bad reputation and is constantly depicted as one of the evils of the modern diet. But findings from the latest scientific research, including Harvard University studies, challenge many common assumptions. In fact, restriction of refined sugar may do more harm than good. This handy pocket guide takes a look at the latest findings about the effect of sugar on our health including: diabetes; losing weight; behaviour and mental performance; dental caries. Most importantly this guide takes the pressure off and shows that a moderate amount of sugar is not only okay, but healthy. book.

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