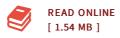




The New Glucose Revolution: Sugar and Energy

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.



Reviews

These kinds of ebook is almost everything and got me to seeking ahead of time plus more. It really is filled with wisdom and knowledge I discovered this book from my i and dad advised this publication to learn.

-- Sonny Bergstrom

Very good electronic book and useful one. it absolutely was writtern extremely completely and useful. You will not feel monotony at at any moment of your respective time (that's what catalogs are for relating to when you question me).

-- Prof. Noah Zemlak DDS