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He became internationally famous with his book Pure, White and Deadly, first published in 1972, and was one of the first scientists to claim that sugar was a major cause of obesity and heart disease. Robert H. Lustig, M.D. has spent the past sixteen years treating childhood obesity and studying the effects of sugar on the central nervous system ...

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Pure, White and Deadly aroused a furious reaction when it was first published and the sugar industry tried, with some success, to discredit Yudkin and his work, preferring to cast fat as the part of our diets that causes ill-health, obesity, heart disease, etc.

Pure, White and Deadly: The new facts about the sugar you

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Pure, White and Deadly is a shocking indictment of a product that is an everyday (and often invisible) part of our diet. It should be read by all who are concerned with their own and the nation's welfare.

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