



Sugar Toxic: The Dirty Fuel That Impairs Brain Function and Makes Us Fat

By Margit Silverman

Createspace, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.SUGAR IS A TWO-MOLECULE PROBLEM WITH NEUROTOXIC EFFECTS Refined sources of sugar have attracted much negative attention in the past few years with fructose clearly in the spotlight as chief villain. However, fructose represents only one part of a deadly duo, which invariably includes glucose. An equally destructive operator, glucose has the potential to inflict just as much, if not even greater harm than fructose as a component of free sugar. Generally comprising between 40 to 45 percent of high fructose corn syrup, glucose has managed to remain unobtrusively on the sidelines and has even been exonerated as the body's main fuel. In *Sugar Toxic* Margit Silverman reveals how refined glucose can act as a neurotoxin by destabilizing carbohydrate metabolism, the metabolic pathway that is fundamental to energy creation and nervous system functioning. This semi-autobiographical account personalizes what might otherwise be reduced to a dry exploration of the scientific evidence that is brought to bear on the subject. Chronicling the author's path of investigation and own success in eliminating sugar from her diet in 1997, *Sugar...*



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Reviews

This publication may be really worth a go through, and a lot better than other. It really is written in simple terms and never difficult to understand. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Natalie Abbott**

This book will not be simple to get going on reading but extremely exciting to read through. Yes, it can be playful, still an interesting and amazing literature. I am very easily could possibly get a delight of reading a written book.

-- **Rene Olson**

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