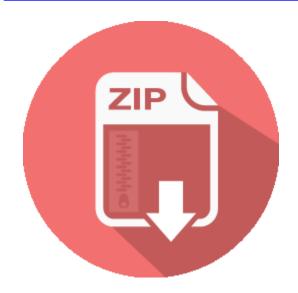
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Taubes discusses the addiction potential of sugar in his book, explaining how sugar affects the reward center in your brain, the nucleus accumbens. Sugar, like other addictive substances and behaviors, trigger dopamine secretions.

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