

SUGAR NATION BOOK



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Sugar Nation: The Hidden Truth Behind America's Deadliest Habit and the Simple Way to Beat It By Jeff O'Connell Published by Hyperion Books Jeff O'Connell is editor-in-chief at Bodybuilding.com
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Sugar Nation The Hidden Truth Behind America's Deadliest

Sugar Nation: The Hidden Truth Behind America's Deadliest Habit and the Simple Way to Beat It [Jeff O'Connell] on Amazon.com. *FREE* shipping on qualifying offers. THIS BOOK COULD SAVE YOUR LIFE -Every five seconds, one more person develops diabetes. -Worldwide
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Sugar Nation The Hidden Truth Behind America's Deadliest

I expected this book to be more about what you could do about this Sugar Nation of ours -- not an expose on the author's personal experiences (and other than saying that what he does to control it only specifically works for him because he has a unique type of situation, he doesn't go any further than that in terms of how others in this sugar nation world can deal with it).

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A high-carb diet, and the attendant high blood sugar, are associated with cognitive decline.
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Book Review Sugar Nation

Mike offers his thoughts about the excellent book "Sugar Nation." Written by Jeff O'Connell, it explains how diabetes is often misdiagnosed and ignored, but can be overcome through diet and exercise.
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THIS BOOK COULD SAVE YOUR LIFE-Every five seconds, one more person develops diabetes.-Worldwide, 285 million people are affected by type 2 diabetes.
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Book Review Sugar Nation The Hidden Truth Behind

From a general perspective, Sugar Nation proved to be a very interesting, although at times a bit tough to read book. I kept going back and forth between highly positive feelings towards it and some disappointed feelings as to the content and how it was being presented. The author has definitely done a great job on so many parts of the book, but there are some major pitfalls, which I will address below.
<http://ebookslibrary.club/Book-Review--Sugar-Nation-The-Hidden-Truth-Behind--.pdf>

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