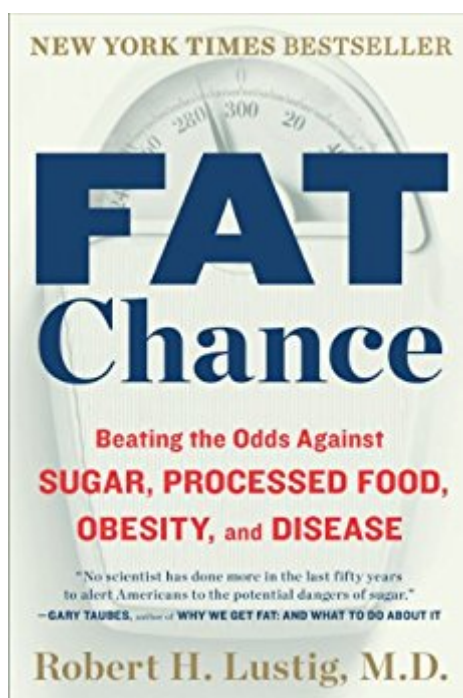


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Fat Chance: Beating The Odds Against Sugar, Processed Food, Obesity, And Disease



Synopsis

New York TimesÂ Bestseller Robert Lustigâ™s 90-minute YouTube video âœSugar: The Bitter Truthâ•, has been viewed more than three million times. Now, in this much anticipated book, he documents the science and the politics that has led to the pandemic of chronic disease over the last 30 years. In the late 1970s when the government mandated we get the fat out of our food, the food industry responded by pouring more sugar in. The result has been a perfect storm, disastrously altering our biochemistry and driving our eating habits out of our control. To help us lose weight and recover our health, Lustig presents personal strategies to readjust the key hormones that regulate hunger, reward, and stress; and societal strategies to improve the health of the next generation. Compelling, controversial, and completely based in science, Fat Chance debunks the widely held notion to prove âœa calorie is NOT a calorieâ•, and takes that science to its logical conclusion to improve health worldwide.

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Customer Reviews

I had hit a wall in terms of eating right and dieting. Then my sister shared with me how much she was able to lower her LDL in her cholesterol by reducing her sugar intake. I started to Google articles on sugar and came across Dr Lustig's You Tube video. It was 90 minutes but it was, in a word, captivating. I was then fortunate to find out that he was coming out with a book at the end of December. I had it delivered to my Kindle while on a beach vacation during the Christmas/ New Year's holidays. Well, as much as that does not sound like a good vacation book (I did read 2 other novels), it was fantastic on multiple levels. Dr Lustig has a gift because not only is he obviously educated in his field but he is articulate and extremely thorough. Specifically, his book details how sugar is bad for you but he takes it to a level where you totally get it. He explains it from angles that you have never even realized existed...politically, economically, socially and of course, scientifically. And it is not just sugar. He gets into every corner of nutrition....fiber, insulin, leptin, stress, exercise. The book covers everything. It is obvious he put a tremendous amount of effort into this book. He also states very clearly that he has scientific back-up to all of his statements. As I mentioned above, I was looking for a "new diet book" but this book is much more than that. Realizing what is going on in my body because I absolutely love and eat so many carbs was mind boggling. He teaches you all about food labels and let me tell you, it is an education. I am married over 25 years and my wife always does the food shopping. This book had such an effect on me, that I went food shopping by myself so that I could take the time and read the food labels. You cannot believe how much sugar is in your food. I am not even viewing my change in eating as a diet. This is about understanding what is going on with all of the garbage that we consume. For me, it is a change of life. The book just clicked with me. If you want to live longer(in addition to many other benefits such as losing weight), read this book cover to cover. I also love the fact that he endorses the glass of red wine I am drinking right now.

I devoured this book. Lustig, a pediatric endocrinologist at UCSF whose "Sugar: The Bitter Truth" lecture video got lots of hits on YouTube, has been watching the rise of obesity and its attendant ills in his practice over the last umpteen years. While not every obese person is unhealthy (and many people with acceptable BMIs still suffer from metabolic syndrome), obesity frequently brings in train "the cluster of chronic metabolic diseases...which includes...type 2 diabetes, hypertension (high blood pressure), lipid (blood fat) disorders, and cardiovascular disease," along with "co-morbidities associated with obesity, such as orthopedic problems, sleep apnea, gallstones, and depression." Lustig even mentioned the increase of dementia as tied to this whole mess, as insulin resistance leads to dementia! Consider some of his alarming statistics:- 1/4 of U.S. children are now obese;-

Greater than 40% of death certificates now list diabetes as the cause of death, up from 13% 20 years ago;- The percentage of obese humans GLOBALLY has doubled in the last 28 years; there are now 30% more overnourished (obese) people than undernourished, worldwide;- Fructose (all the sugars you can think of, apart from the sugar in milk) is "inevitably metabolized to fat

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