

[PDF] Suicide By Sugar

Nancy Appleton, G. N. Jacobs - pdf download free book



Books Details:

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Description:

Review "Explains how the sweet white stuff represents one of our biggest dietary hazards...presents a strategy for slipping free of sugar's grasp, including food plans and recipes...If you want to resist the call of this sweet but deadly siren, *Suicide by Sugar* is a good place to start." (*Energy Times*)

About the Author

Nancy Appleton, PhD, earned her BS in clinical nutrition from UCLA and her PhD in health services from Walden University. An avid researcher, Dr. Appleton is the best-selling author of *Stopping Inflammation*, *Healthy Bones*, and *Lick the Sugar Habit*. She also lectures extensively throughout the

world and has appeared on numerous television and radio talk shows. Dr. Appleton maintains a private practice in San Diego, California.

G.N. Jacobs is a general reporter and filmmaker, with features, shorts, and documentaries to his credit. Mr. Jacobs runs the online literary magazine *Smoking Lizard*. Currently, he lives in Los Angeles, California.

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