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May 20, 2012 Peter
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deadly sugar is. The author also shows how your brain is addicted to sugar, where added sugar is hidden in many “healthy” foods, and how you can reprogram your brain to prefer healthier sugar alternatives. How the Book Is Laid Out

Book Review Suicide by Sugar - Kick That Sugar Habit

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Publishers - Details

This white substance of abuse is sugar. Over two decades ago,

Nancy Appleton's *Lick the Sugar Habit*

exposed the health dangers of America's high-sugar diet. Now, in *Suicide by Sugar*, Appleton, along with journalist G.N. Jacobs, presents a broader view of the problems caused by our favorite ingredient. The authors offer startling facts

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