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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.

**Suicide by Sugar: A Startling Look at Our #1 National**

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This book confirmed scientifically what I already suspected: too much sugar is bad for me. Sugar makes us more susceptible to illnesses and makes it harder for our bodies to heal. The author links sugar to the normal diseases like diabetes, hypoglycemia, and obesity, and also to dementia, cancer, and metabolic syndrome.

**Suicide by Sugar: A Startling Look at Our #1 National**

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 that link a range of disorders—from dementia and hypoglycemia to obesity and cancer—to our growing sugar addiction. Rounding out the book is a sound diet plan ...

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