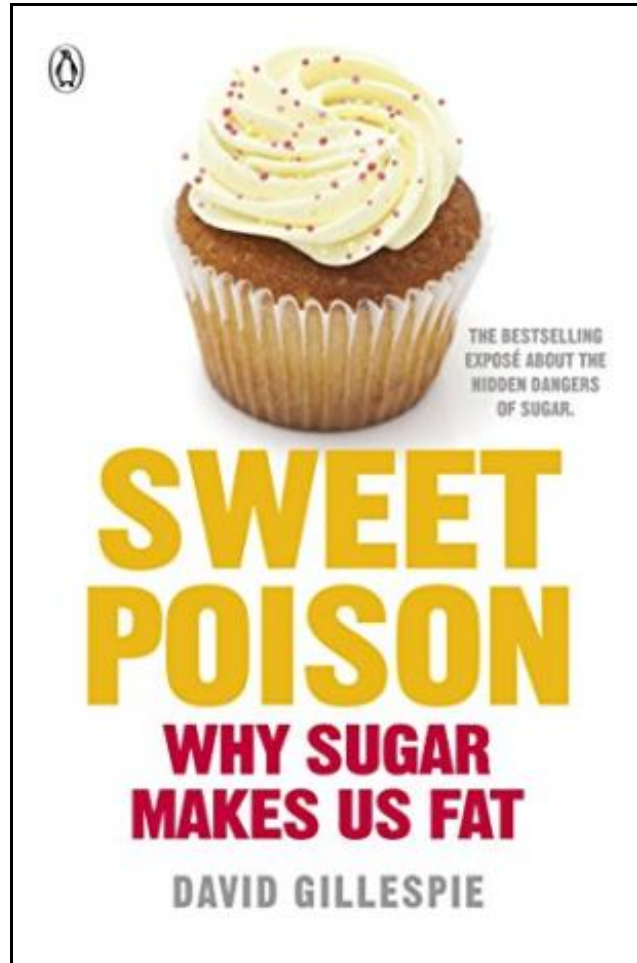


Sweet Poison



Filesize: 2.63 MB

Reviews

This publication is definitely not simple to begin on studying but really exciting to read. It is actually rally fascinating throgh reading time. Your life span will be enhance when you complete looking at this publication.

(Laurence Littel)

SWEET POISON



Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Sweet Poison, David Gillespie, Understand and break your addiction to sugar with David Gillespie's Sweet Poison. David Gillespie was 6 stone overweight, lethargic and desperate to lose weight fast - but he'd failed every diet out there. When David cut sugar from his diet he immediately started to lose weight and - more amazingly - kept it off. Now slim and with new reserves of energy, David set out to investigate the connection between sugar, our soaring obesity rates and some of the more worrying diseases of the twenty-first century. He discovered: It's not our fault we're fat; sugar was once such a rare resource that we haven't developed an off-switch - we can keep eating sugar without feeling full; in the space of 150 years, we have gone from eating no added sugar to more than 2 pounds a week; eating that much sugar, you would need to run 4.5 miles every day of your life to not put on weight; and food manufacturers exploit our sugar addiction by lacing it through 'non-sweet' products like bread, sauces and cereals. In Sweet Poison David Gillespie exposes one of the great health scourges of our time and offers a wealth of practical information on how to quit sugar. David Gillespie is a recovering corporate lawyer, co-founder of a successful software company and consultant to the IT industry. He is also the father of six young children (including one set of twins). With such a lot of extra time on his hands, and 40 extra kilos on his waistline, he set out to investigate why he, like so many in his generation, was fat. He deciphered the latest medical findings on diet and weight gain and what he found was chilling. Being fat...



Read Sweet Poison Online



Download PDF Sweet Poison

Other PDFs



Read Write Inc. Phonics: Yellow Set 5 Storybook 7 Do We Have to Keep it?

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 211 x 101 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read...

[Save Book »](#)



That's Not Your Mommy Anymore: A Zombie Tale

Ulysses Press. Paperback. Book Condition: new. BRAND NEW, That's Not Your Mommy Anymore: A Zombie Tale, Matt Mogk, Aja Mulford, GHOULISHLY CHARMING ILLUSTRATIONS BRING TO LIFE A HAUNTINGLY ENGROSSING STORY In the ongoing effort to...

[Save Book »](#)



Suzuki keep the car world (four full fun story + vehicles illustrations = the best thing to buy for your child(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date: Unknown in Publisher: Qingdao Publishing List Price: 58.00 yuan Author: Publisher:...

[Save Book »](#)



Tell Me a Story in the Dark: A Guide to Creating Magical Bedtime Stories for Young Children

Familius, 2015. Trade Paperback. Book Condition: New. TRADE PAPERBACK Legendary independent bookstore online since 1994. Reliable customer service and no-hassle return policy. Health and Self-Help>Self-Help>Parenting. Book: NEW, New. Bookseller Inventory # 01978193962958601.

[Save Book »](#)



I Am Reading: Nurturing Young Children s Meaning Making and Joyful Engagement with Any Book

Heinemann Educational Books, United States, 2015. Paperback. Book Condition: New. 234 x 185 mm. Language: English . Brand New Book. It s vital that we support young children s reading in ways that nurture healthy...

[Save Book »](#)