

Sugar is Poison, Reveals Physician Author

By S. D. Wells, Natural News

Sugar is now considered the "devil's food" thanks to a brilliant physician and prolific author exposing the hidden truth about it in his new book. Dr. Robert Lustig studies what sugars do to entire populations around the world, so this is no "end the cravings" novel or "sugar for dummies" information piece we're talking about here. This is a compilation of clinical observations documenting the new "War on Sugar!" We must ask ourselves: Is sugar competing with tobacco for total victims of health detriment and with a focus on our youth? Dr. Lustig knows.

Consider this: Which gives you diabetes and cancer sooner, childhood obesity or cigarettes? What's going on at the middle schools and high schools of our country? Is there proper education about alcohol, cigarettes, cocaine and GMO high-fructose corn syrup? Should junk food even be legal? Are children learning about irradiated and refined sugar and the health consequences of daily consumption? -- No.

The junk food industry "green light" is always "on" for pouring toxins and carcinogens into the staple food supply, including all school cafeterias. It's as if the FDA is allowed to make people sick, it's just a matter of how badly. Dr. Lustig's book *Fat Chance* should be mandatory curriculum for health education.

Sugar creates appetite

Are you hungry? Didn't you just eat? Could it be that your appetite runs on cycles, based on a hormonal mechanism related to stress? Listen to the doctor. He's saying that cortisol increases caloric intake of "comfort foods," and when these levels are high while you're sleeping, it interferes with restfulness. Of course, every person is different, but we may start asking about how much "junk science" can interfere with getting proper amounts of deep sleep, one of the most important aspects of being healthy. Is your brain stuck on a binary system that determines if, when and how hungry you become? Are you feeling like burning energy right now or storing some? What fix do you need from your food -- is food a dangerous drug, or are you feeding your organs nutrients?

"Savage hunger" comes from biochemistry that drives certain behaviors. Some people get very angry when they're just moderately hungry, even violent. An addiction to sugar and MSG (monosodium glutamate) can drive folks to get in fights, break into stores or steal, and even hurt people that are "in their way." Here's a perfect case in point. Watch this woman (zombie) who needs Chicken McNuggets SO BADLY that she resorts to violence at the drive through McDummies (McDonald's) "golden arches" of junk science: *NaturalNews.com*.

On fad diets: Sugar weight comes back, hauntingly, for most people who go on fast track diets for a couple of months. The weight comes "roaring back." Why? Sugar causes diseases, not just obesity. "Big Food" does NOT want anyone to understand this. This is a crusade, not just a great book by Dr. Lustig, who is announcing the war, the Revolution, like Paul Revere did. Over 5 million people have watched the doctor's video lecture on YouTube, "Sugar: The Bitter Truth," but his book is where everything gets clarified.

Sweet revenge!

The doctor's message is mainly that obesity is the result of a broken food system, rather than gluttony or even laziness. It's not about "willpower" anymore, because Big Food has so many people hooked on sugar, like it's heroin or cocaine. This message is prolific!

Shelby Pope, a freelance writer, explained on the *Bay Area Bites* food blog at *KQED.org*:

*Before the New York Times asked if sugar was toxic, before Michael Bloomberg tried to ban large sodas in New York City, before people starting calling sugar "the new tobacco," UCSF endocrinologist Robert Lustig stood in front of a crowd of UCSF extension students and told them that the increase in obesity over the last 30 years is the result of one thing: **increased amounts of sugar in our diet**. Lustig's lecture--a combination of righteous anger and dry science--went on to become a surprise viral hit: since it debuted on YouTube in 2009, it's been viewed almost five million times.*

So, are you slowly killing yourself? Say "no" to JUNK SCIENCE and "hello" to organic living, starting right now. "Turn the tables" on the whole processed food industry now! Also, check out *The Fat Chance Cookbook*, which contains over 100 recipes.

Sources for this article include:

<http://www.theguardian.com>

<http://www.naturalnews.com>

<http://blogs.kqed.org>