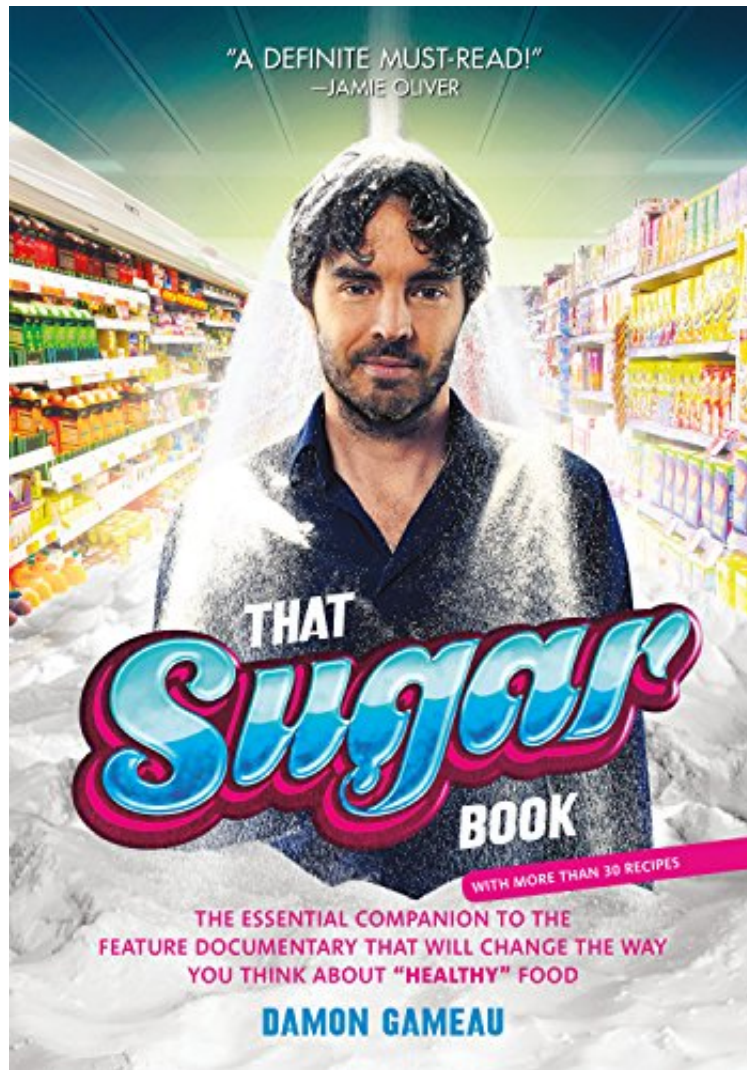


(Download) That Sugar Book: The Essential Companion to the Feature Documentary That Will Change the Way You Think About "Healthy" Food

That Sugar Book: The Essential Companion to the Feature Documentary That Will Change the Way You Think About "Healthy" Food

Damon Gameau

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Damon Gameau : That Sugar Book: The Essential Companion to the Feature Documentary That Will Change the Way You Think About "Healthy" Food before purchasing it in order to gauge whether or not it would be worth my time, and all praised That Sugar Book: The Essential Companion to the Feature Documentary That Will Change the Way You Think About "Healthy" Food:

6 of 6 people found the following review helpful. Just leafing through the book I was amazed by the factsBy

Pearsall Just received the book and have ordered the film. Just leafing through the book I was amazed by the facts...I've been dealing with sugar ,and it's health issues, in my own life for the past couple of years...reading, watching documentary videos and having periodic doctor check ups which are proving great results...I can't imagine that this book (and the movie) will do anything but enhance the knowledge that Americans (and the world) needs to sit up and take notice of...I'm upset that money hungry corporations have been 'feeding' us poison all these years.4 of 4 people found the following review helpful. Great information. Easy to read.By KSI watched the movie first and it was so good I had to buy the book. I have lost 10 pounds just by watching how much sugar I eat and I feel amazing. The book is nice to go back and refer to information.3 of 3 people found the following review helpful. Great read to help with your sugar detox!By Brandon KerseyThis is a must read for anyone questioning the sugar content of food! It brings to light many aspects of sugar that one wouldn't just know without hours of research. It's all been done for you and put into plain English. With recipes as well! Great read!

Based on the documentary THAT SUGAR FILM, this is an explosive exposeacute; of the dangers of sugar. When Australian actor and filmmaker Damon Gameau met a girl he wanted to impress, he decided to get healthy by reducing his sugar intake. In no time he was slimmer, calmer, fitter and happier. But he was also curious: why did the elimination of sugar have such beneficial effects? He decided to experiment by eating 40 teaspoons of sugar a day over the course of 60 days. The results were staggering. Gameau gained nearly 20 pounds; he developed signs of fatty liver disease; and doctors warned him that he was on the road to obesity, diabetes, and heart disease. His journey took him not just down a path to illness, but deep into an investigation into how our food is made and marketed. Gameau interviewed experts and discovered that 80% of products on our supermarket shelves contain sugar, and that 90 million Americans have fatty liver disease directly linked to their sugar consumption. Expanding on That Sugar Film, That Sugar Book offers 30 recipes, in-depth interviews, and colorful graphic images to reveal the truth behind the world's alarming and health-destroying sugar habit. It contains sensible advice on kicking the sugar addiction; lists which foods to avoid; and explains how to shop, how to read labels, and how to cook sugar-free food. A riveting, funny, meticulously well-researched, and shocking exposeacute;, That Sugar Book is destined to change the eating habits of a generation.

ldquo;A definite must-read!rdquo; Jamie Oliver About the Author DAMON GAMEAU is an award-winning actor who has appeared in a range of productions, including The Tracker, Balibo, Thunderstruck, Spirited, Secrets and Lies, and How I Met Your Mother. As a director, he was the winner of Tropfest 2011. That Sugar Film marks his first feature-length film. Damon is a passionate advocate for good health and is determined to help people find a happier way of living. That Sugar Book is his first book.