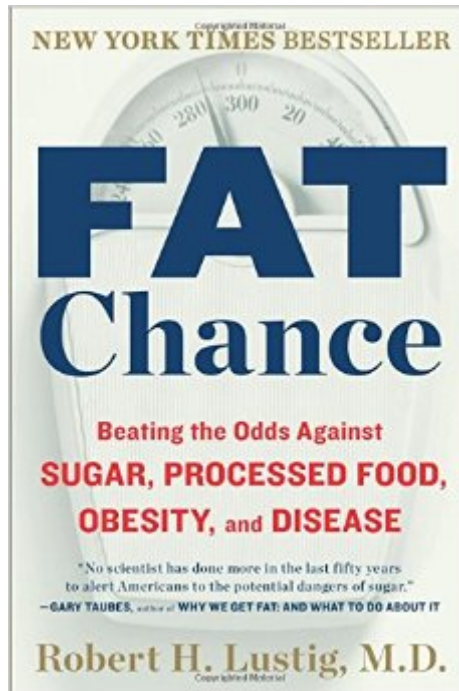


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# Fat Chance: Beating The Odds Against Sugar, Processed Food, Obesity, And Disease



## Synopsis

New York TimesÂ Bestseller Robert Lustigâ™s 90-minute YouTube video âœSugar: The Bitter Truthâ•, has been viewed more than six million times. Now, in this much anticipated book, he documents the science and the politics that have led to the pandemic of chronic disease over the last 30 years.Â In the late 1970s when the government mandated we get the fat out of our food, the food industry responded by pouring moreÂ sugar in. The result has been a perfect storm, disastrously altering our biochemistry and driving our eating habits out of our control. To help usÂ lose weightÂ and recover our health, Lustig presents personal strategies to readjust the key hormones that regulate hunger, reward, and stress; and societal strategies to improve the health of the next generation. Compelling, controversial, and completely based in science,Â Fat ChanceÂ debunks the widely held notion to prove âœa calorie is NOT a calorie.â• More timely than ever now that newest edition of The Dietary Guidelines for Americans has for the first time placed hard limits on the amount of sugar we should consume, Fat Chance takes science to its logical conclusion to improve health worldwide.

## Book Information

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## Customer Reviews

I had hit a wall in terms of eating right and dieting. Then my sister shared with me how much she was able to lower her LDL in her cholesterol by reducing her sugar intake. I started to Google articles on sugar and came across Dr Lustig's You Tube video. It was 90 minutes but it was, in a word, captivating. I was then fortunate to find out that he was coming out with a book at the end of December. I had it delivered to my Kindle while on a beach vacation during the Christmas/ New

Year's holidays. Well, as much as that does not sound like a good vacation book (I did read 2 other novels), it was fantastic on multiple levels. Dr Lustig has a gift because not only is he obviously educated in his field but he is articulate and extremely thorough. Specifically, his book details how sugar is bad for you but he takes it to a level where you totally get it. He explains it from angles that you have never even realized existed...politically, economically, socially and of course, scientifically. And it is not just sugar. He gets into every corner of nutrition....fiber, insulin, leptin, stress, exercise. The book covers everything. It is obvious he put a tremendous amount of effort into this book. He also states very clearly that he has scientific back-up to all of his statements. As I mentioned above, I was looking for a "new diet book" but this book is much more than that. Realizing what is going on in my body because I absolutely love and eat so many carbs was mind boggling. He teaches you all about food labels and let me tell you, it is an education. I am married over 25 years and my wife always does the food shopping. This book had such an effect on me, that I went food shopping by myself so that I could take the time and read the food labels.

I devoured this book. Lustig, a pediatric endocrinologist at UCSF whose "Sugar: The Bitter Truth" lecture video got lots of hits on YouTube, has been watching the rise of obesity and its attendant ills in his practice over the last umpteen years. While not every obese person is unhealthy (and many people with acceptable BMIs still suffer from metabolic syndrome), obesity frequently brings in train "the cluster of chronic metabolic diseases...which includes...type 2 diabetes, hypertension (high blood pressure), lipid (blood fat) disorders, and cardiovascular disease," along with "co-morbidities associated with obesity, such as orthopedic problems, sleep apnea, gallstones, and depression." Lustig even mentioned the increase of dementia as tied to this whole mess, as insulin resistance leads to dementia! Consider some of his alarming statistics:- 1/4 of U.S.

As a health and fitness researcher and reviewer, I have a keen interest in why people get sick and how we can stay healthy. There is so much clutter out there. So much half-baked information, little of which is based on science. The author tells us upfront, "I'll make a promise to you right now: there is not one statement made in this entire book that can't be backed up by hard science." And so, it was with great pleasure that I read this book by a doctor who understands the problem of sugar in the diet on all levels. My only real disappointment was that he is a pediatrician and an awful lot of what he writes is about children and their problems. While this is of great importance, I prefer to read about mature people and their problems. Having said that, sugar is a problem for us all. The parts in the book about the government and its relationship with the food industry is all well-known

and you can just pass over this part if you already know it. And, a lot of it is available in his YouTube video. But, if you're unfamiliar with the topic, you may find it fascinating. But you will find how to read a food label. I find this really an eye-opener. I sort of knew what to look for but not totally. This book filled the gap for me. The author believes that all sweeteners are bad. But, he lays it out in a way that is most persuasive. He says, "All caloric sweeteners contain fructose: white sugar, cane sugar, beet sugar, fruit sugar, table sugar, brown sugar, and its cheaper cousin HFCS. Add to this maple syrup, honey, and agave nectar. It's all the same. The vehicle is irrelevant; it's the payload that matters." The book starts out with a lot of high-toned medical jargon that really should have been eliminated for the layperson.

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Sugar Detox: Sugar Detox for Beginners - A QUICK START GUIDE to Bust Sugar Cravings, Stop Sugar Addiction, Increase Energy and Lose Weight with the Sugar Detox Diet, Sugar Free Recipes Included  
Sugar Detox: Beat Sugar Cravings Naturally in 14 Days! Lose Up to 15 Pounds in 14 Days! Step-By-Step Meal Plan And Recipes To Kick Sugar Cravings And ... diet, sugar free diet, low sugar diet,) Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse)  
Heart Disease: Heart Disease Prevention And Reversal Guide To Prevent Heart Disease And Reverse Heart Disease With Heart Disease Prevention Strategies And Heart Disease Diet Advice  
Fat, Fiber & Low Sugar Cookbook: Give the Low Sugar High Fiber Diet a Chance - 40 Delicious & Healthy Recipes That Your Family Will Love  
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DIABETES: The Worst 20 Foods For Diabetes To Eat And the Best 20 Diabetic Food List, Meals And Diabetes Menus To Lower Your Blood Sugar (HOT FREE BONUS ... Diet, smart blood sugar, sugar detox)  
Overcoming Teen Obesity: How To Reverse Teen And Childhood Obesity Today  
What Is a Probiotic? Probiotics Against Obesity, Colon Cancer, Inflammatory Bowel Disease...  
Belly Fat: Blowout Belly Fat Clean Eating Guide to Lose Belly Fat  
Fast No Diet Healthy Eating (Eating Clean, Healthy Living, Gluten, Wheat Free, Low Fat, Grain Free Diet, Detox) (Live Fit Book 1)  
Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox,

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