



The Real Truth About Sugar: Dr. Robert Lustig's "Sugar: The Bitter Truth"

Samantha Quinn

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Dr. Robert Lustig's "Sugar: The Bitter Truth" lecture is a YouTube hit. If you are one of the approximately 2 million people who have watched it, then The Real Truth About Sugar is for you. If you haven't yet seen the video, this book is also for you. Dr. Lustig's case against sugar is more than compelling—it's convincing. Lustig shows how our historically high intake of sugar is linked to the Western lifestyle diseases of Type 2 Diabetes, Obesity, Metabolic Syndrome, many types of heart disease—and quite possibly cancer. His message truly deserves close study and wider distribution, which is where this book comes in. We need to be able to see his ideas, research and conclusions in black and white so that we can absorb it all. With that in mind, The Real Truth About Sugar has time markers for easily referencing the video, a detailed summary, analysis, and reference citations. Given Dr. Lustig's evidence and persuasive argument, we are going to have to make significant changes in our diet and lifestyle, and knowing the real truth about sugar is the important first step.

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