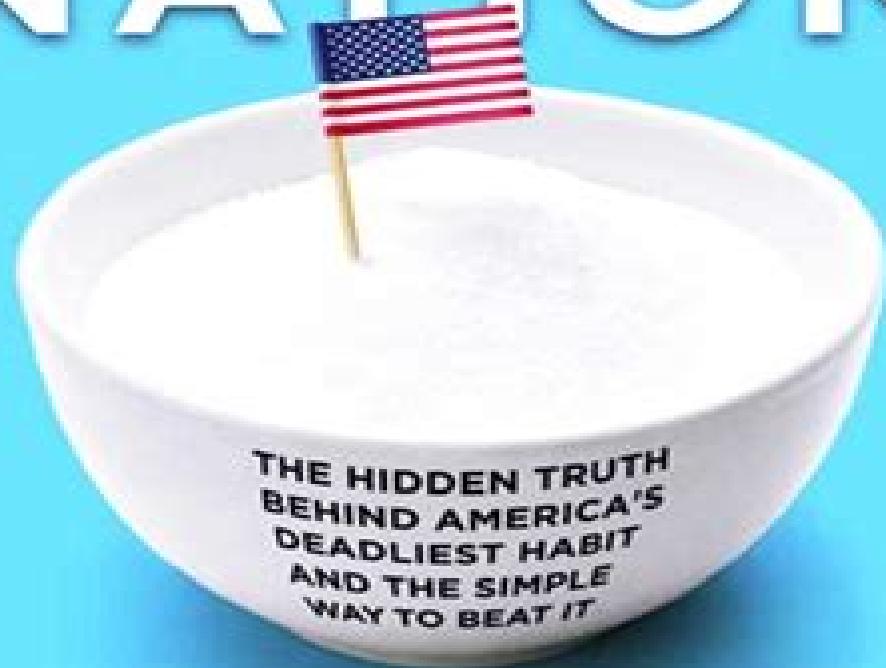


# SUGAR NATION



THE HIDDEN TRUTH  
BEHIND AMERICA'S  
DEADLIEST HABIT  
AND THE SIMPLE  
WAY TO BEAT IT

JEFF O'CONNELL

# Sugar Nation

**USA. Congress**

## **Sugar Nation:**

**Sugar Nation** Jeff O'Connell,2011-07-19 THIS BOOK COULD SAVE YOUR LIFE Every five seconds one more person develops diabetes Worldwide 285 million people are affected by type 2 diabetes Many of them have no idea Here is the personal story of one man who has unearthed the mysteries of this global epidemic and offers hard won practical advice for how readers can take control of their lives and combat this deadly disease Sugar Nation is a must read As a fitness expert myself who has dealt with family diabetes and coaching families on how to limit their sugar intake this book is a fundamental tool in educating the world on just how dangerous dietary sugar can be Jeff O Connell s direct yet user friendly approach to this important and overlooked subject is more than refreshing All will benefit from picking this book up Jennifer Nicole Lee author of The Jennifer Nicole Lee Fitness Model Diet

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## Unveiling the Magic of Words: A Report on "Sugar Nation"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "Sugar Nation," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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