



Sweetness and Light

By -

The McGraw-Hill Companies, Italy, 2015. Paperback. Book Condition: New. 255 x 205 mm. Language: N/A. Brand New Book. Sugar is increasingly portrayed as the villain in a global diabetes epidemic triggering demands for drastic cuts in consumption. Is such a regulatory change feasible and would it even make sense? Sweetness and Light takes a broad look at the best of what is known - ranging from photosynthesis and our gut microbes to the ongoing industrial revolution and genetically obese laboratory rats - and concludes that the demonization of sugar incidentally the world's most efficient source of calories in terms of agricultural land obscures the need to focus on a host of more complex and troublesome culprits of the world's contemporary metabolic woes.

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