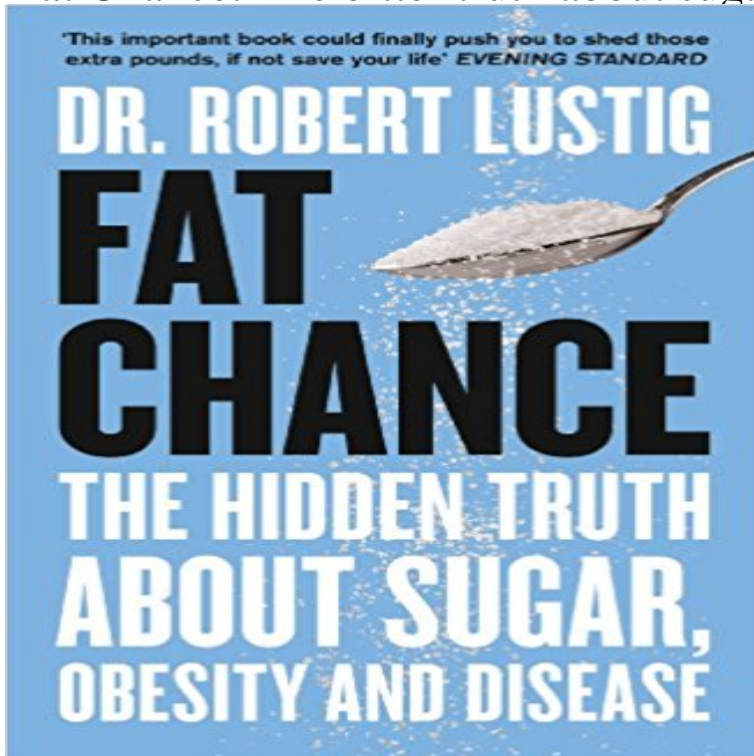


Fat Chance: The bitter truth about sugar



Sugar is addictive, toxic and everywhere. Find out how your sweet tooth might be nibbling you to death in this straight-talking expose. Fat Chance, documents the science and the politics that has led to the pandemic of metabolic syndrome which results in conditions like obesity, diabetes and heart disease. Dr Robert Lustig exposes how changes in the food industry and in our wider environment have affected our collective metabolisms and our waistlines, and he shows how industry and political forces, motivated by greed, don't want things to change. To help us lose weight and recover our health, Lustig presents personal strategies to readjust the key hormones that regulate hunger and reward and suggests societal strategies to improve the health of the next generation. Discover how every calorie is different and that cutting out sugar is not just about making us thin it's about making us healthier, happier and smarter.

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