



# Sugar Blues

By William Dufty

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## Sugar Blues By William Dufty

It's a prime ingredient in countless substances from cereal to soup, from cola to coffee. Consumed at the rate of one hundred pounds for every American every year, it's as addictive as nicotine -- and as poisonous. It's sugar. And "Sugar Blues", inspired by the crusade of Hollywood legend Gloria Swanson, is the classic, bestselling expose that unmaskes our generation's greatest medical killer and shows how a revitalizing, sugar-free diet can not only change lives, but quite possibly save them.

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