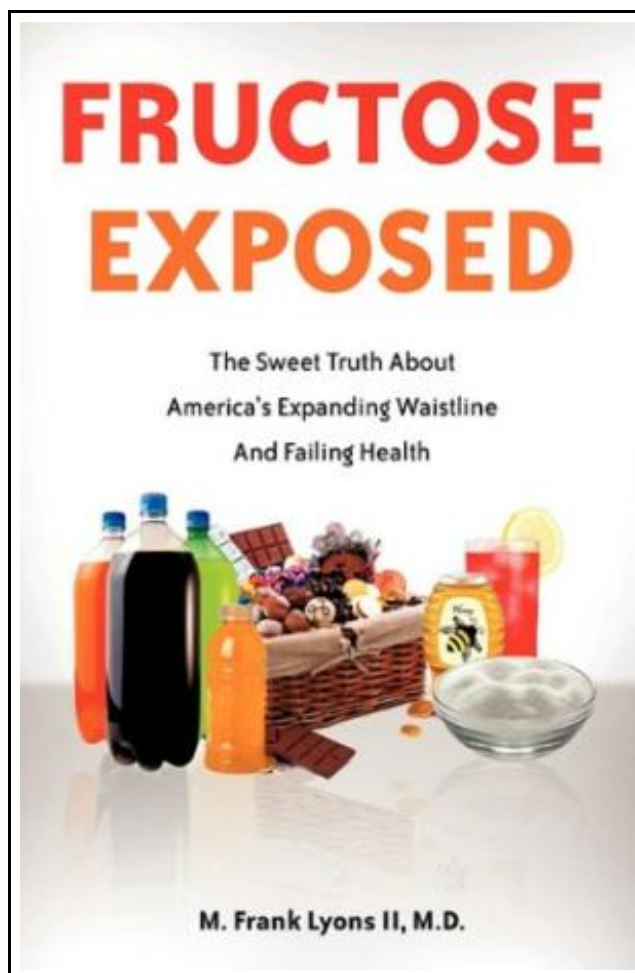


FRUCTOSE EXPOSED



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Reviews

This publication is definitely not simple to begin on studying but quite fun to see. It really is full of knowledge and wisdom I am just effortlessly can get a satisfaction of studying a created pdf.
(Alfreda Bradtke)

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Xulon Press. Paperback. Book Condition: New. Paperback. 214 pages. Dimensions: 8.4in. x 5.5in. x 0.6in. The United States is witnessing an explosion of the metabolic syndrome. We have unprecedented levels of people walking around with high blood pressure, abdominal obesity, type II diabetes and high cholesterol. The healthcare system is overrun with heart disease, stroke, kidney failure, gout, fatty liver, gastroesophageal reflux disease and the complications that come with prolonged obesity. Research is finally defining the cause of the metabolic syndrome. A sugar in the headlines these days, high fructose corn syrup (HFCS), was initially thought to be the culprit. But fructose, also known as fruit sugar, is the true villain; and its consumption in America has increased 600 in the past 25 years! While the nation is boycotting HFCS and returning to table sugar-sweetened foods, excess fructose is killing adults and the youth of America. FRUCTOSE EXPOSED clarifies the misunderstanding surrounding fructose, HFCS and the metabolic disaster that develops from chronic, excess fructose consumption. M. Frank Lyons II, M. D. is a practicing gastroenterologist in Tacoma, Washington. He has been a clinical researcher, teacher and writer for the past quarter century. He is a recent author of 42 Days to a New Life-a book that describes the importance of a balanced fat diet to prevent numerous diseases. Dr. Lyons has BS and MS degrees in microbiology and a Doctorate in Medicine. He is board certified in Internal Medicine and Gastroenterology and is a Fellow of the American College of Physicians and the American College of Gastroenterology. His passion is to discover the causes of the exploding medical problems that are afflicting millions of Americans that he has witnessed firsthand during his medical career. His desire to teach his patients how to reverse many of those diseases has led to the...



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