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Sugar: Public Enemy No. 1

Prediabetes, Fatty Liver Disease, Weight Gain... Act Before It's Too Late!

Author: Réginald Allouche

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Simple preventive steps to becoming aware of our sensitivity to sugar, staying in control of our intake, and avoiding the major illnesses of our century.

Sugar is now omnipresent in our foods. Wrongly considered to be 'natural', it has not been the object of toxicological studies like other additives. However, it is wreaking havoc on our health. Did you know that a billion human beings were diagnosed as prediabetic in 2022? With this book, Dr. Allouche aims to increase our awareness, assess our response to sugar via blood sugar level, and propose simple, personalized, down-to-earth methods for early preventive action.

Sales in France: 17,500 copies