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The Sugar Fix The High Fructose Fallout That Is Making You Fat And Sick

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In [The Sugar Fix](#), Dr. Richard Johnson, who oversees a pioneering research program, reports on discoveries about how fructose impacts the body—and directly connects the American obesity epidemic to a frightening escalation in our fructose consumption. It comes as no surprise that the sugar is found in processed foods like candy, baked goods, canned foods, and frozen meals in the form of high-fructose corn syrup, but it is also hidden in less obvious foods like peanut butter, egg products, and ...

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Untreated high blood sugar can be dangerous, leading to a serious condition in diabetics called ketoacidosis. Chronic high blood sugar increases the likelihood of serious diabetes complications...

Blood Sugar Spike: Causes, Symptoms, and What to Do
How sugar levels can be high, even when you haven't eaten anything
If your sugar levels are HIGH – logic says, the solution is just simply to STOP EATING. This is a philosophy I see many type 2 diabetics

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adopt, particularly when the usual things to keep sugar levels in check, fail.

Why sugar levels are high despite NOT eating - BBC

Correcting high blood sugar levels with insulin If you take insulin, one way to reduce blood sugar is to inject insulin. However, be careful as insulin can take 4 hours or longer to be fully absorbed, so you need to make sure you take into account how much insulin you may already have in your body that is yet to be absorbed by the blood.

How to Treat and Bring Down High Blood Sugar Levels

9 Ways To Get Your Sugar Fix (Without Touching The Bad Stuff)

Marie Claire March 13, 2014 10:30 am. Frozen red grapes in a bowl

Credit: Instagram ... Grapes are still high in fructose though, so ...

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YOUR HEALTH -- TODAY The Low-Fructose Diet: Reduce your

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American diet -- and still satisfy your sweet tooth The 12 Rules for

Healthy Eating: Sustain a low-fructose diet for life The Low-Fructose

Lifestyle: Counteract sugar's harmful effects through physical activity,

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High-sugar diet can damage the gut ' s protective mucus ...

Foods High in Sugar / Alternatives to White Sugar . 20) Raw honey: Be it a natural face mask, medicine and sweetening agent, honey can do wonders. A spoonful of the ingredient makes it good enough to cure cough and cold, skin problems and diabetes. In addition, it helps in boosting metabolism as well.

List of 22 Foods High In Sugar: Lower Blood Sugar With ...

Action on Sugar reported last month that 98% of the 131 hot flavoured drinks found in the large High Street chains would carry a "red" warning for excessive levels of sugar. Starbucks' Hot Mulled ...

Sugar tax: What is the UK's most sugary drink? - BBC News

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