

## Sugar Bibliography

- ***Food and Mood***, Elizabeth Somer, Henry Holt, 1995. Comprehensive 15-chapter book including accessible scientific explanations, dietary recommendations, and a few recipes.
- ***Get the Sugar Out***, Ann Louise Gittleman, Three Rivers Press, NY, 1996. Militant but cogent explanation of why dietary sugar is harmful and many practical tips about eliminating it, including recipes and recipe substitutions.
- ***Lick that Sugar Habit***, Nancy Appleton, Avery/Penguin Putnam, 1996. Motivational book to help you identify as “sugarholic” or not and then to know why to eliminate dietary sugar. It includes practical tips and some recipes.
- ***Sugar Blues***, William Dufty, Warner Books, 1975. Bouantly written personal story of a man who found he was allergic to sugar; and a scathing political history of cane and beet sugar in the Western diet from the Crusades onward.
- ***Sweet Deception: Why Splenda, Nutrasweet, and the FDA May Be Hazardous to Your Health***, Joseph Mercola, Nelson Books, 2006

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