



# **Sugar and the Evil Empire: How Multi-National Food Companies Have Turned The Western Population Into Sugar Addicts (Terra Novian Reports) (Volume 1)**

*Geoff Wells, Vicky Wells*

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If you're finding it difficult, or even impossible, to lose weight, it's **NOT YOUR FAULT!** The Evil Empire is deliberately engineering their food-like products and soft drinks to exploit the pleasure centers of our brains. They keep us craving more - leaving us fat, sick and addicted.

Discover how to break their hold so you can lose weight, get more energy and achieve a healthier, happier lifestyle.

What do sugar, High Fructose Corn Syrup, type 2 diabetes, metabolic syndrome, obesity, genetically modified organisms (GMOs), processed foods, corporate greed and slavery have in common? It's time to expose the connections, the price we are paying and what it's doing to our children.

**Section 1** - It Begins With Grass - Explores the history of sugar, the beginning of the Evil Empire and the slavery connection both in the past and how it continues today in the exploitation of child labor.

**Section 2** - Medical - Discover exactly how our bodies process food and how our current food supply promotes obesity, type 2 diabetes and heart disease. Find out why it's not your fault you can't lose weight.

**Section 3** - Sugar Addiction - How and why we become addicted to sugar and how to break the habit.

**Section 4** - Corporate Complicity - Exposes some of the methods the Evil Empire uses to get us hooked on their products with no regard to our health or safety, only their bottom line.

**Section 5** - Living With Sugar - Is an introduction to a sugar-free, or at least a sugar-reduced, diet.

**Section 6** - Cooking Without Sugar - A few examples of how recipes can be altered to replace refined sugar with more natural sources of sweetness such fruits, nuts and even vegetables.

**Section 7** - Recap - Is a brief recap of the entire book with suggestions for additional reading and videos to further explore the subject. It's time to raise your voice and tell the Evil Empire you're not going to take it anymore.

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**From reader reviews:**

**Vernie Ruiz:**

The book untitled Sugar and the Evil Empire: How Multi-National Food Companies Have Turned The Western Population Into Sugar Addicts (Terra Novian Reports) (Volume 1) contain a lot of information on that. The writer explains your girlfriend idea with easy technique. The language is very clear to see all the people, so do definitely not worry, you can easy to read it. The book was authored by famous author. The author gives you in the new age of literary works. You can easily read this book because you can continue reading your smart phone, or device, so you can read the book within anywhere and anytime. If you want to buy the e-book, you can start their official web-site as well as order it. Have a nice learn.

**Monte Lawson:**

In this age globalization it is important to someone to receive information. The information will make professionals understand the condition of the world. The healthiness of the world makes the information better to share. You can find a lot of recommendations to get information example: internet, newspaper, book, and soon. You can see that now, a lot of publisher which print many kinds of book. The actual book that recommended for you is Sugar and the Evil Empire: How Multi-National Food Companies Have Turned The Western Population Into Sugar Addicts (Terra Novian Reports) (Volume 1) this reserve consist a lot of the information from the condition of this world now. This book was represented just how can the world has grown up. The terminology styles that writer make usage of to explain it is easy to understand. The actual writer made some study when he makes this book. Here is why this book acceptable all of you.

**Chris Robertson:**

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**Jonathan Rodriguez:**

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