



That Sugar Book: The Essential Companion to the Feature Documentary That Will Change the Way You Think About "Healthy" Food

Damon Gameau

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Based on the documentary THAT SUGAR FILM, this is an explosive exposé of the dangers of sugar. When Australian actor and filmmaker Damon Gameau met a girl he wanted to impress, he decided to get healthy by reducing his sugar intake. In no time he was slimmer, calmer, fitter and happier. But he was also curious: why did the elimination of sugar have such beneficial effects? He decided to experiment by eating 40 teaspoons of sugar a day over the course of 60 days.

The results were staggering. Gameau gained nearly 20 pounds; he developed signs of fatty liver disease; and doctors warned him that he was on the road to obesity, diabetes, and heart disease. His journey took him not just down a path to illness, but deep into an investigation into how our food is made and marketed. Gameau interviewed experts and discovered that 80% of products on our supermarket shelves contain sugar, and that 90 million Americans have fatty liver disease directly linked to their sugar consumption.

Expanding on *That Sugar Film*, *That Sugar Book* offers 30 recipes, in-depth interviews, and colorful graphic images to reveal the truth behind the world's alarming and health-destroying sugar habit. It contains sensible advice on kicking the sugar addiction; lists which foods to avoid; and explains how to shop, how to read labels, and how to cook sugar-free food.

A riveting, funny, meticulously well-researched, and shocking exposé, *That Sugar Book* is destined to change the eating habits of a generation.

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