



# The New Slavery: Prevent, Stop, Reverse Sugar Addiction

*Dr. Rudy Kachmann*

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# The New Slavery: Prevent, Stop, Reverse Sugar Addiction

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We are slaves to sugar, 70 to 80% of us are overweight or obese. Sugar is more addictive than cocaine. There is a huge epidemic of secondary chronic illnesses, including heart attacks, strokes, dementia, cancer, blindness, renal disease, impotence, type 2 diabetes and many other diseases. The majority could be prevented, stopped or reversed. Sugar is killing us. Read on.

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