



Die Fructose-Falle: Wie Fruchtzucker dick und krank macht (German Edition)

Anna Cavelius, Detlef Pape

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Kaum zu glauben, aber wahr. Fruchtzucker macht dick und krank. Hier die Fakten: Anders als Traubenzucker, stört Fruchtzucker die Fähigkeit des Körpers, den Blutzucker zu verarbeiten. Er schmeckt 2,5 mal so süß wie Glukose. Klingt gut, aber auf lange Sicht wirkt Fructosekonsum wie ein gewaltiger Störfaktor, der zum Stoffwechsel-Supergau führen kann. Das führt zu Insulinresistenz, Frühwarnsystem für drohenden Diabetes. Im Darm wird Fruchtzucker langsamer und schlechter resorbiert, vom Körper dafür sehr viel schneller in Körperfett umgewandelt. Fructose verursacht Entzündungsprozesse und belastet die Leber. Verführerisch süß, macht der Zucker aus Obst dick und krank. Klingt unglaublich. Klingt nach einer Substanz, die ihrer Gefährlichkeit wegen auf den Index gehört. Diätapost Dr. med. Detlef Pape und Anna Cavelius klären auf und zeigen, wie dieses weiße Gift künftig vermieden werden kann. Mit ausführlichem Serviceteil: Welche Lebensmittel enthalten Fruchtzucker? Welche Alternativen gibt es? Wie ernähre ich mich fructosearm?



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