

# SUGAR BLUES

*By William Dufty (1975)*

Originally published in 1975, **Sugar Blues** is a foundational classic of anti-sugar literature. Written by journalist William Dufty, this manifesto explores the physical and psychological toll of refined sucrose, defining "sugar blues" as a state of chronic lethargy, anxiety, and depression.

## 1. The Personal Catalyst

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The book details Dufty's health transformation after meeting silent film star **Gloria Swanson**. By eliminating sugar, Dufty reversed chronic migraines and fatigue, leading him to investigate the substance with a reporter's scrutiny. He describes the process as a literal detoxification from an addictive drug.

## 2. Refined Sugar as a Pure Chemical

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A central argument is that refined sugar is not a food, but a **pure chemical substance**. Dufty explains:

- **The Stripping Process:** Refining removes all natural vitamins, minerals, and fiber, leaving only sucrose.
- **Nutrient Parasitism:** Because the body requires B vitamins and calcium to process carbohydrates, eating refined sugar forces the body to "rob" its own tissues of these nutrients to facilitate metabolism.

## 3. Historical and Political Critique

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Dufty traces the history of sugar from an exotic luxury to a commodity built on the slave trade. He accuses the modern sugar industry of:

- Suppressing medical studies and influencing political policy.
- Marketing addictive products directly to children.

- Operating with the same corporate machinery and defensive tactics as the tobacco industry.

## 4. Mental Health and "Sugar Madness"

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*Dufty posits that fluctuating blood sugar levels are a primary driver of psychological disorders. He argues that many patients historically diagnosed with "mental illness" were actually suffering from severe hypoglycemia and brain nutrient depletion caused by refined sucrose.*

**The Ultimate Takeaway:** Refined sugar is an addictive, chemically altered substance that disrupts both bodily metabolism and mental stability. Liberating oneself from it is the first step toward true health.