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How I Gave Up My Low-Fat Diet and Lost 40 Pounds..and How You Can Too: The Ultimate Guide to Low-Carbohydrate Dieting

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BEST-SELLING AUTHOR OF 500 LOW-CARB RECIPES

HOW I
GAVE UP MY
LOW-FAT DIET
AND LOST
40 POUNDS
...AND HOW YOU CAN TOO!



THE ULTIMATE GUIDE TO
LOW-CARBOHYDRATE DIETING

REVISED AND EXPANDED EDITION

Par Dana Carpende

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#611493 dans eBooksPubli le: 2003-07-01
Sorti le: 2003-07-01
Format: Ebook
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Description : Description du produit Subtitled "Everybody's Guide to Low Carbohydrate Dieting", How I Gave Up My Low Fat Diet and Lost Forty Pounds! is a breezy, chatty, non-technical, fun-to-read explanation of low carbohydrate dieting -- why it works, the surprising health benefits, and most importantly, how to "do" the diet. Or, rather, diets, since the book details three very different main approaches to controlling carbohydrates (including the Basic Low Carb Diet, similar to Atkins or Protein Power, and the Mini-Binge Diet, popularized as The Carbohydrate Addict's Diet), plus several variations, finally summing up the basic

principles which tie them all together. The point is to give the reader the tools necessary to construct a new way of eating that will fit his or her body, psyche, and lifestyle, thus allowing them to stay slim, energetic, and healthy for life.

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