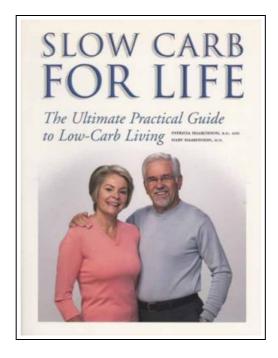
# Slow Carb for Life: The Ultimate Practical Guide to Low-Carb Living



Filesize: 5.28 MB

# Reviews

This book might be worth a read, and superior to other. Of course, it really is engage in, still an interesting and amazing literature. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Prof. Valentin Hane MD)

# SLOW CARB FOR LIFE: THE ULTIMATE PRACTICAL GUIDE TO LOW-CARB LIVING



ECW Press, 2004. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Well-known Canadian authors, Dr. Harv & Patricia Haakonson present a revolutionary, balanced approach to dieting — from low-fat to low carb to their special approach: "slow carb." "Slow carbs" are carbohydrates that convert to blood sugar over time, avoiding the negative health impacts related to eating highly refined carbohydrates. "Slow carb" relies on a balance of normal food portions, including fruits, whole grains, and proteins. What sets Slow Carb for Life apart from other low carb books? It offers \* simple explanations for the science behind slow carb metabolism \* a realistic and proven approach to changing eating habits \* advice for special dietary needs, e.g. teens, vegetarians, and diabetics \* simple, practical, everyday tips to maintain the slow carb fat burn \* easy-to-follow daily intake guidelines for weight loss or weight maintenance \* a handy built-in carb counter and food diary to make weight loss easy \* over 100 delicious slow carb recipes for breads, muffins, and cookies in addition to soups, salads, vegetables, poultry, fish, and meat \* FAQ's and testimonials about experiences and successes with this approach This complete guide includes everything for the novice and the long-term "slow carber" to succeed.



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