



## The Trust Your True Nature Low-Carb Lifestyle: Unleash Your Inner Carnivore and Restore Your Health (Paperback)

By Tracy a Matesz

Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Are you tired of all the conflicting nutrition and dietary advice with experts on all sides of the spectrum claiming their way is backed by science? Wouldn't it be nice to eat foods that are satiating and enjoyable, that you are probably most drawn to eating, rather than choking down foods you think you should eat because they are supposed to be good for you? Tracy A. Matesz has been around the dietary spectrum. After eating lots of greens, veggies, whole grains and beans for five plus years the foods she believed were most supportive for human health she is now going against the grain, eating a more primal or ancestral, low-carb diet, with great results. But rather than spell out yet another dietary formula, she presents to you lists of foods to highlight, foods to eat in moderation, and foods to greatly minimize or avoid. She emphasizes the foods found abundantly in nature throughout time, long before the Industrial Revolution made highly processed foods possible. She encourages you to learn to trust your symptoms and internal cues as guides...



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