

[PDF] How I Gave Up My Low Fat Diet And Lost Forty Pounds!

Dana Carpender - pdf download free book

Books Details:

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Description:

Review I've seen many patients in my chiropractic practice lose weight and improve their health with various low carb programs. I'm impressed at how Dana has foregone the one-size-fits-all cookie cutter approach to dieting, instead giving the reader plenty of options, and a comprehensive understanding of the underlying principles needed for success. Readable, user-friendly, and easy to understand. Recommended. -- *Gary Knutson, D.C.*

From the Back Cover TAKE THE LOW FAT DIETER'S QUIZ

*I have been pretty faithful about cutting fat and increasing complex carbohydrates -- but it hasn't

helped my weight problem.

*I think I am addicted to food.

*I am hungry all the time, and don't know why.

*I am tired and cranky a lot, and don't know why.

*My blood pressure, cholesterol, and triglycerides aren't improving.

If you answered "true" to one or more of these questions, you're not alone!!

If you've been wondering what the heck is wrong with you, that your healthy weight loss diet just doesn't make you slim and healthy, or why you're hungry all the time, no matter how much you eat, take heart. IT'S NOT YOU!! It's the diet. There is a very large group of people for whom a low fat, high complex carbohydrate diet is exactly the WRONG approach to weight loss and health. I was one of them. And chances are you are too!

Let me show you how you can: *Lose weight -- without hunger! *Have the energy of a kid again! *Eat real food, no fake low fat food or packaged diet meals! *Improve your cholesterol, lower your blood pressure, lower your risk of diabetes and cancer *While eating food you LOVE!

LET ME TELL YOU How I Gave Up My Low Fat Diet -- And Lost 40 Pounds!!!

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