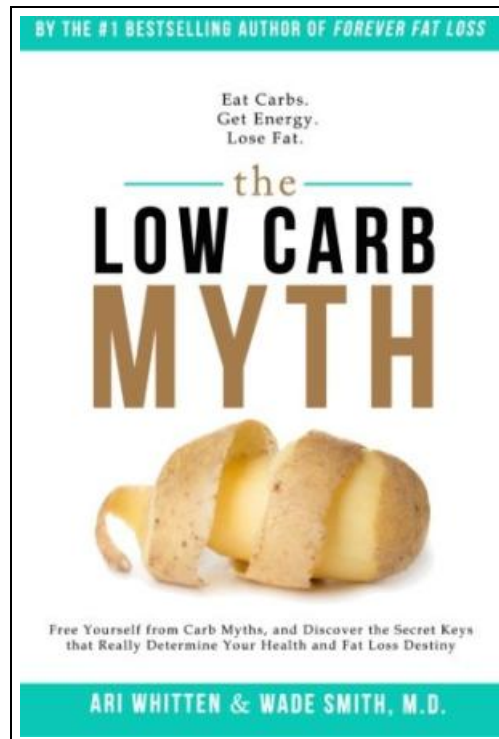


The Low Carb Myth: Free Yourself from Carb Myths, and Discover the Secret Keys That Really Determine Your Health and Fat Loss Destiny (Paperback)



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Reviews

It is just one of my personal favorite books. I was able to comprehend every little thing out of this published e-publication. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Isaac Olson)

THE LOW CARB MYTH: FREE YOURSELF FROM CARB MYTHS, AND DISCOVER THE SECRET KEYS THAT REALLY DETERMINE YOUR HEALTH AND FAT LOSS DESTINY (PAPERBACK)

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Archangel Ink, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Does a High Carb Diet Make You Fat, Hungry, and Lazy? The answer may surprise you, but the science says no! The truth is that people can be healthy and lean eating a huge variety of diets. This should tell you that the answer to better health and fat loss isn't found in cutting one specific macronutrient from your diet, like many low-carb gurus would have you believe. So then why has the Paleo diet gotten so much attention lately? Surely some of the claims about carbs, sugar, and insulin must be true, right? Does being a Fat Burner Give you Incredible Energy and Melt Off Your Bodyfat? Low-carbers would have you believe that all of our hunter-gatherer ancestors ate low-carb diets and that being a fat burner (instead of a sugar burner) leads to all sorts of magical effects like, boundless energy, superhuman athletic performance, better health--all while it melts off your bodyfat almost overnight. Yet, there's simply no evidence that low-carb diets were standard fare for our hunter-gatherer ancestors--there are countless tribes who ate huge amounts of carbohydrates and were perfectly lean and healthy. The studies are clear that in general, athletes on low-carb diets perform worse, not better. And there is a huge difference between being a fat burner and actually burning off your bodyfat. (They aren't the same thing, so don't get confused and be scammed out of your money by falling for this gimmick!). In reality, the science shows all of these claims around being a fat burner to be nothing more than a bunch of pseudoscientific myths. Move Beyond the Battle of the Macronutrients. .and into the new era of...



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