



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

By Ari Whitten, Dr Wade Smith MD

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...



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