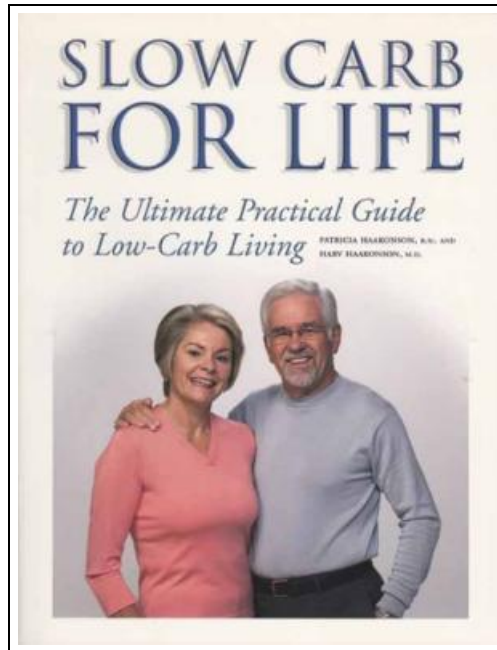


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(Dr. Lily Wunsch II)

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



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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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