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The Decarb Diet: Guide to a Low Carb Lifestyle (Paperback)

By Dr Howard Rybko

Createspace, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.This doctor-designed diet is easy to read and easy to start. It will guide you to weight loss and renewed health. The initial strike phase will take you from fat to lean without hunger or excessive exercise demands. When you reach your goal weight, stabilisation techniques will ensure that you stay slim and healthy for the rest of your life. The Decarb Diet uses the latest nutritional research to fire up your fat-burning system, elevate your mood and beat back depression. You will eat well and never feel hungry. At the same time, your heart disease, cancer, alzheimer s and diabetes risks will be reduced. The vitamin D and omega balance plan will lower inflammation and improve inflammatory conditions like arthritis, asthma and psoriasis.



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