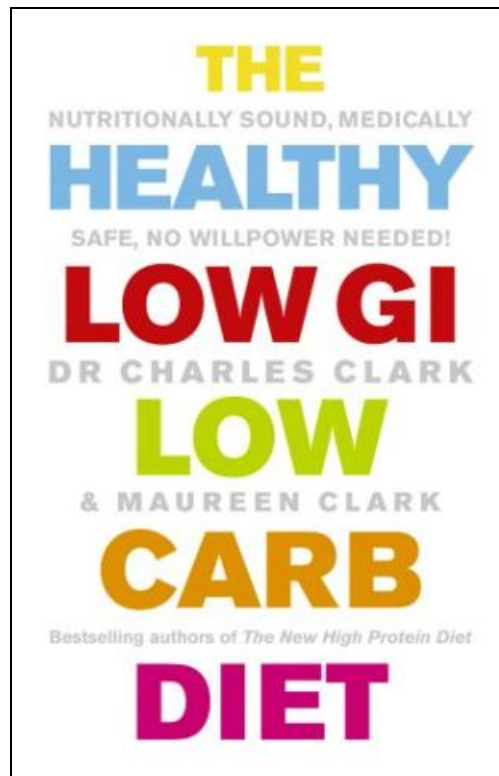


## The Healthy Low GI Low Carb Diet: Nutritionally Sound, Medically Safe, No Willpower Needed! (Paperback)



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Ebury Publishing, United Kingdom, 2005. Paperback. Condition: New. Language: English . Brand New Book. Despite negative speculation in the media regarding the future of the low-carb diet, this revolutionary dietary phenomenon continues to attract an enormous following. The lure of the rapid weight loss causes converts to radically adjust their dietary habits in order to meet the demands of the lifestyle. Yet for many, this is simply not an option. Particularly ardent critics of the diet include vegetarians who are offered no alternatives to the high meat content; and what of those of us with a sweet tooth or those who need natural fibre in their diet? In this groundbreaking new work, Dr Charles Clark has devised a low-carb, low GI plan that caters for all types of dietary requirement. It s vegetarian-friendly and nutritionally-balanced, allowing for previously sinful foods including pasta, pulses, fruit and puddings. What s more, he has set out to counter the criticisms of those who argue that low-carb lifestyles can be detrimental to health. A series of medical case studies proves how adopting a low-carbohydrate diet can in fact be of benefit in certain key areas of health. So, if you feared you could never be part of the low-carb crowd, look no further-this is the diet for becoming slim and healthy the low-carb, low GI way, without cutting out the foods you love! We ve all heard of Jen and Madonna using high protein diets to lose weight. It s a tricky one to follow safely, but with Prof Charles Clark s sensible approach-us mere mortals can do it too. New Woman.



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