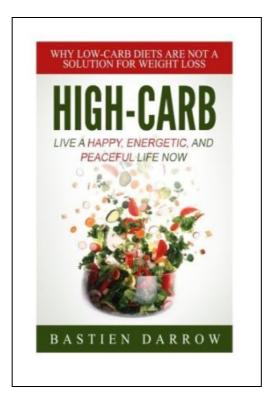
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(Mrs. Piper Jacobi)

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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English. Brand New Book \*\*\*\*\*\* Print on Demand \*\*\*\*\*\*. When it comes time to work on weight loss, many diet plans are going to ask you to cut out the carbs that you are eating and concentrate on the fat content instead. Low carb is plastered all over the place as being the better health alternative for your life. Unfortunately, this is not the proper solution and science has backed this up for years, even though many people refuse to listen. This guidebook is meant to help you understand how a high carb low fat diet is the best option for your body. Your body needs the proper nutrition, including the consumption of carbs, in order to function and eating too few carbs and too much fat is one of the reasons why Americans are dealing with so many health issues. Healthy eating is far more important and this guidebook will show you how. It discusses important things such as: -Healthy vs. unhealthy carbs - Why carbs are so important -Health in countries who eat lots of carbs vs. those who eat lots of fat -How a vegan diet and clean eating can help you eat healthier and get the nutrition that you want. Your health is important, make sure that you are not being taken advantage of or that you are eating a diet that is unhealthy. With the help of this guidebook you will soon understand that carbs are not the enemy when it comes to your diet; instead they are your friend and essential to healthy eating every day.

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