



## A Dabblers Guide to Low Carb Gluttony (Paperback)

By Dr Bob

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Everyone knows about low-carb dieting, right? Well, not really. Most folks know a little bit about it, but a minuscule few have actually tried it. If you think about it, the low carb concept defies our nation s official nutritional guidelines - and questions the wisdom of esteemed physicians, scientists, and nutritionists alike. That s a scary proposition. And those low-carb diet plans? Well, they re difficult to follow - much less to understand. And anyone who doesn t fully comprehend how and why a radical idea works is not about to try it in earnest. Truth is, so-so low carb dieting doesn t work. The Dabblers Guide to Low Carb Gluttony addresses this ideological shortcoming. With simple thought and words, Dr. Bob explains why you should ignore our nation s health experts, and, explains how and why a low-carb lifestyle can work wonders for you. No medical or scientific jargon, no testimonials, no gimmicks. If you re more curious than interested in low-carb dieting, seek a better understanding of the low-carb concept, or just may dabble in...



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