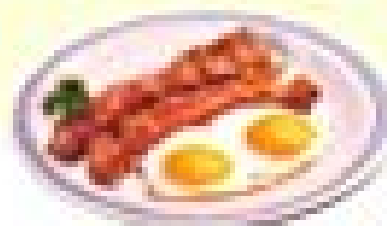


Copyrighted Material
DANA CARPENDER

BEST-SELLING AUTHOR OF 300 LOW-CARB RECIPES

HOW I
GAVE UP MY
LOW-FAT DIET
AND LOST
40 POUNDS
...AND HOW YOU CAN TOO!



THE ULTIMATE GUIDE TO
LOW-CARBOHYDRATE DIETING

REVISED AND EXPANDED EDITION

Copyrighted Material

Dana Carpender

How I Gave Up My Low-Fat Diet and Lost 40 Pounds..and How You Can Too: The Ultimate Guide to Low-Carbohydrate Dieting



[continue reading](#)

Or, rather, diets, since the book information three very different main methods to controlling carbohydrates (like the Basic LOW CARBOHYDRATE Diet, much like Atkins or Proteins Power, and the Mini-Binge Diet, popularized because the Carbohydrate Addict's Diet), plus several variants, finally summing up the essential principles which tie them all together. the dietary plan.do" This is a breezy, chatty, nontechnical, fun-to-read explanation of low carbohydrate dieting -- why it works, the surprising health advantages, and most importantly, how to " The point is to provide the reader the various tools required to construct a new method of eating that may fit his / her body, psyche, and way of life, thus allowing them to stay slender, energetic, and healthy forever.



[continue reading](#)

Very informative and eye opening. I really only wanted to lose about 30 lbs. and had recognized that after age 30 I would need to be fatter than I was at 20. I was wrong. I lost 75 lbs. It's not only extensive, but Ms. Dana could not become more ecstatic. My vitality has improved exponentially. I couldn't believe it. It is possible to take information from the diet plans explained in this publication and customize to your own needs. It isn't difficult and I've never been starving on this diet like I have on almost every other diet. Quitting sugar is the hardest part for me, but I still indulge. This is the only one I'll ever recommend again. It functions! She also gives some of the research behind carbs but not a great deal to confuse you. (From Thailand) This book is among the best issues in my life! I'm Thai. I'm 25, male and I excess weight 110 kg. I've attempted to lose my weight for many years, but I can't! So far as I have read, Dana appears to be offering a lot of dieting options so readers can make choices and changes according to their lifestyle and dietary needs. I bought this book in Kindle edition. And it's work! When I finish reading it, I decided to follow this method. I dropped 5 kg in a month even I ate lots of food even more than imaginable! But my English isn't very well.!. You will not regret it.. I very own the New Atkins book and many other low-carb books. I also visited hospital to check on up my health. I love this publication! And I had an extremely really bad degree of SGPT within the last time. Normal people should provides it around 0 - 50. but me, 277 !! (I don't drink any alcoholic beverages incidentally, doctor said I had an excessive amount of fat in my own liver and really should avoid fat) WHEN I followed this low-carb diet plan and then I re-check it again. it's about changing the things you take in. AMAZING! My SGPT level reduced from 277 to 70! And I did eat FAT! Plenty of fats (sorry doctor). It's so amazing I want to say more about a lot of good things of the book which method.!. - - "So for summary, I can say that . Two Stars Since I am right now a lowfat vegan this reserve will not follow my lifestyle choice Not long ago I had my cholesterol tested, and my LDL (bad cholesterol) was 48 which is suprisingly low. "This book is among the best issues in my own life" ^ ^ "KORB-KUN" in Thai it mean. This is a fantastic book! 6 - 7. This book can be an easy read and right on. UPDATE : 2/7/2012 We checked up my health again on 8/2/2012 and wanna share the result. !5 N : 2..2 (I think I ate too much chicken - -) Cholesterol : 153 N : 150 - 200 (I eat 3-4 whole eggs everyday but It's even now okay!) Triglyceride : 48 N : 50 - 150 HDL-C : 43 N : 32 - 68 LDL-C : 89 N : 0 - 130 SGPT : 32 N : 0-40 (This is actually the one I used to have 277, and It's normal now ^^) Before We tried this technique, many people explained that LC is unnatural. It's been one of the best books on weight loss that I've read in a long time.. This is how to do it!! (and yes, in Thailand White rice is our main meals) But after everyone find my result. Each of them ask me how to do it. lol The only Low-Carb book you will need Oh I desire I could reverse all my purchases for all the other low-carb books I've purchased! This book is absolutely it! Dana has a easy tone of voice and you enjoy reading it. She summarizes everything for you personally - all the variations of low-carb diet programs with her opinion on each, all the supplements (I think she's taken or attempted everything), all of the challenges. I simply can't say enough concerning this book. It isn't a diet plan either; but It's not the best information for me yet!. This review completely will not do the reserve justice but after feeling cheated after reading other books that simply regurgitated common knowledge, it was refreshing to have a book by way of a real person who has real encounter and has done a ton of research. just much less often. You'll find nothing restrictive or demanding about her low-carb guidebook. The author explains information so it's clear to see. My sugars level back again to normal!. I'm only half-finished but I sensed the need to can be found in and review since I've seen such dramatic adjustments already. After reading the book for weekly and implementing several changes in my own diet, I've currently lost 4lbs in 1 week!! You feel like you are reading a

letter from a pal. I like that Dana does include historical references and research to back up her claims nevertheless, you are not bogged down with any scientific jargon. She makes everything very easy to understand and accessible for the reader. I'm a food addict!! I don't feel like I have to do it her method as some authors may make you feel. Great! Off to complete the rest of the book!!! Buy this reserve. This woman has gathered some extremely valuable information and managed to get easy to understand... It is also an excellent jumping off point if you want to do more analysis on low-carb consuming. Carpender includes many references to current low-carb research along with past, like the famous Atkins diet plan. I am enjoying meals again and feel motivated to continue. Thank you, really thank you. EXCELLENT Informative and helpful!. I also work with two authorized dieticians. I thought I really understood healthy consuming, but this is simply not what the mainstream information says. She talks about how the center association has influenced what we previously considered healthy food, and just why we are being shown wrong (that includes what I know as a health care provider and learned in nursing school). I was sort of skeptical at first, and really do some research to validate the info. I found a lot of information to aid it, and I turn to professional sites for my details, not really yahoo answers or something.. My HDL (great) was therefore high that it had been immeasurable!. I have recommended this to numerous close friends, about 5 so far which have bought the book and also loved it. Easy to Understand This book may be the easiest to comprehend of the books on low carbohydrate diets. and also have my senior high school body back at age group 40. This book could make a difference A great reserve that speaks to us in layman language. Filled with helpful information This is among the first books I tested from the library when I started my low carb lifestyle change. The author presents several low carb diets so that the reader can make an informed decision about which would be greatest for them. I started this diet in regards to a year and fifty percent ago and also have not gained any of the weight back. This is a great reference for anyone making a lifestyle change to a wholesome life through diet plan. how do we cut carb in every meal? I have only browse half the reserve, but I've already shed twenty-five pounds in five months! Slowly is the way to accomplish it! When a friend asked me the difference between Atkins and Paleo I have to admit I was struggling to answer - not today!. I'm never starving, either, except maybe each morning when I get right up. Essential read! It works I bought this reserve after trying a few different diets to log off the weight We gained when I quit smoking.! After scanning this book, I'll never get back to eating carbs again! Purchase this in Harcopy instead This book is full of knowledge, but it is most likely easier to purchase it in hard copy than on Kindle. I have already been reading it for what seems like permanently and am just searching for a definitive meal plan etc. I believe there are several, not finished with book however, but will be nice easily could flip through and find what I want when I want it. Carpender has a wonderful sense of humor making the book interesting along with informative. Just imagine easily had been following her advice to the letter. About 5 years ago I started the Wheat Belly way of eating and after dieting for 40 years, finally lost weight! I am recommending this book to numerous of my close friends that want to get a permanent alternative to the weight issue. As a registered nurse, and someone who has often been interested in healthy eating and weight control I found this book mind blowing. Can't Lose Weight? Read All You Can About Fat! Glucose : 84 N : 70- 100 Uric Acid : 7. It's Healthy! She goes over the countless choices in low carb dieting if full fine detail.! I adhere to this lowcarb/highfat way of living and love to browse books about how others have lost excess weight by ditching the low/free fat foods which have ruined our health and made us excess fat!..



[continue reading](#)

download free How I Gave Up My Low-Fat Diet and Lost 40 Pounds..and How You Can Too: The Ultimate Guide to Low-Carbohydrate Dieting ebook

download How I Gave Up My Low-Fat Diet and Lost 40 Pounds..and How You Can Too: The Ultimate Guide to Low-Carbohydrate Dieting ebook

[download free Eat to Live: The Revolutionary Formula for Fast and Sustained Weight Loss ebook](#)

[download free Folks, This Ain't Normal: A Farmer's Advice for Happier Hens, Healthier People, and a Better World fb2](#)

[download The 150 Healthiest Foods on Earth: The Surprising, Unbiased Truth About What You Should Eat and Why epub](#)