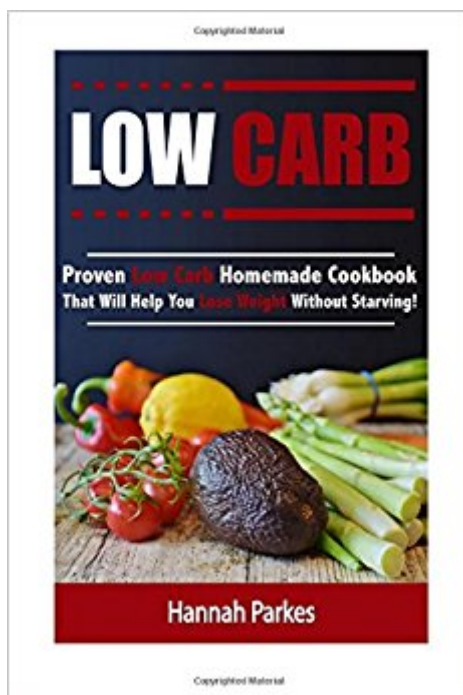


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# Low Carb: Proven Low Carb Homemade Cookbook That Will Help You Lose Weight Without Starving! (Includes High Protein And Low Carb Diet Recipes That Will Promote Rapid Weight Loss)



## Synopsis

Are you looking towards type 2 diabetes reversal and other health benefits? Do you want to know the best low carb diet to follow? Or the common mistakes to avoid in low carb dieting? Then a low-carb diet could be right for you. Inside this book, you will learn: 1) The basics of low carb diets 2) How low carb diets work 3) The proven medical and health benefits of low carb diets 4) How to avoid the most common mistakes associated with low carb dieting 5) The most effective ways of to go on a low carb dieting 6) The general approaches to a low carb diet 7) Proven low carb homemade cookbook that will help you lose weight without starving. 8) Why you should choose low carb dieting over low carb dieting. 9) The low carb shopping list for beginners. 10) How to start low carb dieting the right way. Just like the name suggests, this book centers on the consumption of very low amounts of starches and sugars like bread, rice, pasta, potatoes, fruits, and desserts, and encourages the intake of high amounts of proteins and natural fats like meat, fish, eggs, vegetables, cream, and butter. This book will teach you how restrict sugary foods, and starches like pasta or bread and replace with delicious and real foods like protein, natural fats and vegetables. This book explains how you can eat as much as you want, while decreasing your blood sugar and cholesterol and losing weight! What are you waiting for? Scroll up and grab your copy now.

## Book Information

Series: Includes High Protein and Low Carb Diet Recipes That Will Promote Rapid Weight Loss

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## Customer Reviews

Long before she became a renowned self-development, fitness, and health expert, Dr. Hanna Parkes used to be on the receiving end. She battled eating disorders in her teens and was cyber bullied due to her weight problem. Her negative experiences during her childhood years became her

one of her sole motivation to address the problem and seek professional help. On her road to recovery, she dedicated a huge amount of her time and energy learning and educating herself on self-development and staying mentally and physically healthy to build up her self-esteem. At the young age 23 , she earned herself a degree in Nutrition Science and worked her way to achieving a Master Degree and Ph.D. in the same field a few years later. At age 36, Dr. Parks now lives with her husband, Dr. Gerard Parkes, a doctorate degree holder in Naturopathic Medicine. The couple has dedicated over a decade of their lives living from one continent to another educating and sharing their expertise with local communities around the world. Some of their campaigns include obesity awareness and improving self image. They have also trained a number of health enthusiasts and have established about a dozen clinics offering alternative medicine in three different continents. She is also actively writing a series of books in her vision to widen her reach and help educate more people across the globe. Dr. Hanna Parkes and her husband are currently back in her hometown of Chicago, where they vow to continue to help individuals who are struggling with eating disorders and weight problems. Starting this year, she intends to set up boot camps in the summer that will train young adolescents on how to take care of themselves better and improve their self image.

Great product! Thank-you for fast shipping. Great retailer. Will be using for my wedding cake business. Thank-you very much! THX

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Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: Don't starve! How to fit into your old jeans in 7 days without starving with a Low Carb & High Protein Diet (low carb cookbook, low carb recipes, low carb cooking) Low Carb: Low Calorie Cookbook: 200 High Protein Recipes for Weight Loss, Muscle Building, Healthy Eating and Increased Energy Levels (Low Carb High Protein ... Low Carb Cookbook, Low Carb Diet Book 1) Low Carb Cookbook: 500 BEST LOW CARB RECIPES (low carb diet for beginners, lose weight, Atkins diet, low carb foods, low carb diet weight loss, low carb food list) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet, No carbs diet, Low Carbs food list, high protein diet, rapid weight loss, easy way to lose weight, how ... way to lose weight, how to lose body fat)) The Ketogenic Diet Cookbook: Lose 15 Lbs In Two-Weeks With 66 Perfect Low Carb Keto Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) Low Carb: Low Calorie Cookbook: 50 High Protein Recipes Under 500 Calories for Weight Loss, Muscle Building, Healthy Eating & To Increase Energy (Low Carb ... Low Carb Cookbook, Low Carb Diet Book 1) Low Carb Candy Bars: 25 Low Carb Recipes To Satisfy Your Sweet Tooth: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet) LOW CARB DIET: KETOGENIC DIET: 1000 BEST LOW CARB AND KETOGENIC DIET RECIPES (BOX SET): low carb cookbook, ketogenic diet for beginners, low carb diet for beginners, low carbohydrate diet, ketogenic Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) Keto Bread Cookbook: Real Low Carb Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes)

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