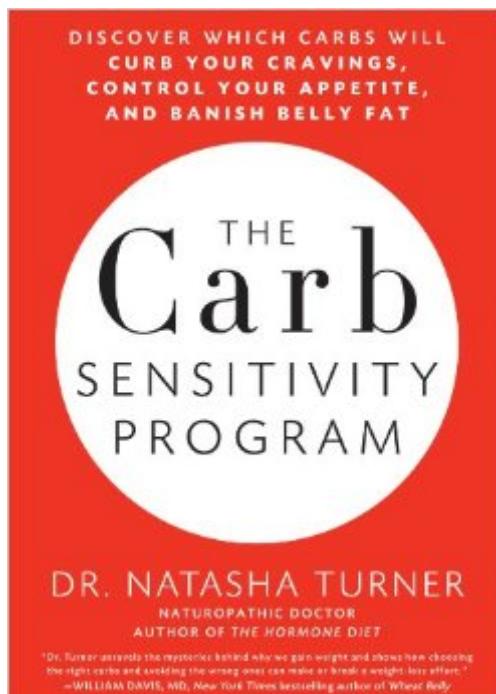


The book was found

The Carb Sensitivity Program: Discover Which Carbs Will Curb Your Cravings, Control Your Appetite, And Banish Belly Fat



Synopsis

A no-carb diet may lead to weight lossâ •at firstâ •but ultimately this approach fails for most people. Why? Because it's not sustainable, and since nothing has been done to improve carb tolerance, once carbs are introduced people experience bloating, cravings, and rebound weight gain, plus another 5 to 10 pounds. The vast majority of us have different degrees of sensitivity to carbohydrates without realizing it. For some people, healthy carbs such as carrots, black beans, and quinoa are what's making them fat! The Carb Sensitivity Program by Natasha Turner, ND is more than a diet. It's a personalized carb rehab plan that helps readers identify the types of carbs that work best with their bodies, remove the ones they're sensitive to, and repair their metabolisms so they can safely eat those carbs again. The result: more energy, better health, and a slimmer bodyâ •for life.

Book Information

Paperback: 480 pages

Publisher: Rodale Books; 1st edition (August 13, 2013)

Language: English

ISBN-10: 1623360293

ISBN-13: 978-1623360290

Product Dimensions: 6 x 1.2 x 8.5 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 starsÂ Â See all reviewsÂ (49 customer reviews)

Best Sellers Rank: #363,333 in Books (See Top 100 in Books) #309 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb #2513 inÂ Books > Health, Fitness & Dieting > Nutrition #3522 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

Customer Reviews

Trust me, I've read them all, just like you and I was still searching for answers of why I can not lose weight, but NO more searching. Finally someone has answers to why, no matter what I do, nothing changes! And it's not like I haven't tried and tried, for years. "The Dukan Diet", 18 months ago began my search for solutions. Many books written about low carb diets, and addresses the difficulty that many are experiencing with trying to get to a healthy weight, but few books provide 'doable' solutions. This book is different, for many reasons. First, Dr. Turner is a knowledgeable author with a real grasp of a nationwide epidemic regarding carb intolerance. Everything you'd ever want to know about carbs, insulin resistance, hormone imbalance, cell resistance to insulin, and

inflammation is covered in great detail in this book, and is very easy to understand. If only the solution would be as easy. That's my next point: The author provides easy to follow steps for individuals, at different stages of intolerance; so everyone whom reads this, can get their own step by step program towards a solution to properly behaving cells that process insulin how your body's meant to. Third: The recipes included (like 19 protein/smoothie recipes) are easy to prepare, using readily available/normal ingredients. They all sound delicious! Here's the difference, when my last book "The Plan" got to the recipie section, I totally lost interest! The recipies were just too weird! I had no intension to try any of themand that's when I began my search again. I saw Dr. Turner on the Dr. OZ Show, and decided to try yet another book. I can't wait to start on this plan! but I want to read the entire book, first. Just can not find time quickly enough to finish up!

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