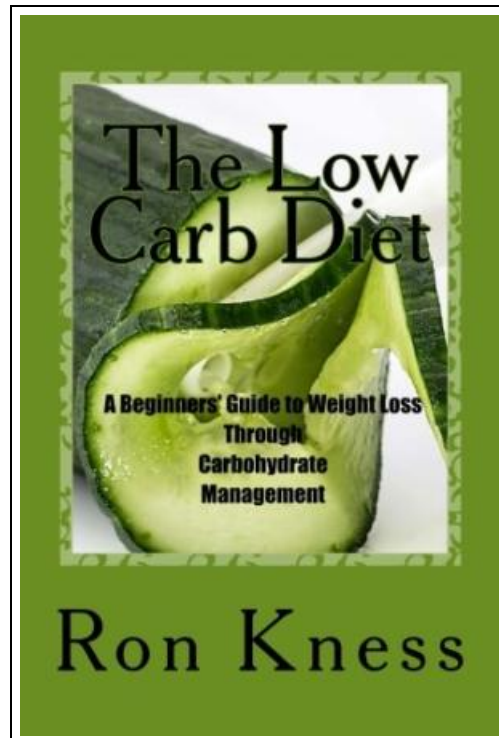


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(Mrs. Mertie Cummerata)

THE LOW CARB DIET: A BEGINNERS GUIDE TO WEIGHT LOSS THROUGH CARBOHYDRATE MANAGEMENT

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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.In my book *The Low-Carb Diet - A Beginners Guide to Weight Loss Through Carbohydrate Management*, I reveal a successful method of losing weight based in part on the amount and type of carbohydrates you consume. We often hear about low-carb diets and how successful they prove to be in losing weight, but what exactly is a low-carb diet? The term low-carb means low in carbohydrate. Carbohydrates are usually found in foods like pasta, potatoes, fruit, bread and rice. A low-carb diet does not entail any specific diet nor does it include well-defined steps to losing weight. It is a rather loose term that varies according to the person who uses it. Some common features though, include consuming foods that are low in carbohydrates and low on the Glycemic Index which I will cover later in this book. The consumption of carbohydrates leads the body to excrete insulin which is the body's function for energy. As carbohydrates get digested, glucose -the effect of insulin excretion- either gets burned by our body if we need immediate energy or else gets stored as fat! After consuming a meal that consists mainly of carbohydrates, the level of insulin in our body goes suddenly up and after a short time suddenly down - the rush and then the crash as it is called. This effect causes us to be hungry only after 2 or 3 hours from our last meal, leading us to a vicious circle of being hungry, then eating, only to be hungry again a short while later. Finally in the end, we store the excess energy as fat. The main ways to define a low-carb diet, following the...



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