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The Low Carb Myth: Free Yourself from Carb Myths, and Discover the Secret Keys That Really Determine Your Health and Fat Loss Destiny (English Edition)

BY THE #1 BESTSELLING AUTHOR OF *FOREVER FAT LOSS*

Eat Carbs.
Get Energy.
Lose Fat.

the LOW CARB MYTH



Free Yourself from Carb Myths, and Discover the Secret Keys that Really Determine Your Health and Fat Loss Destiny

ARI WHITTEN & WADE SMITH, M.D.

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Par Ari Whitten, Dr. Wade Smith : **The Low Carb Myth: Free Yourself from Carb Myths, and Discover the Secret Keys That Really Determine Your Health and Fat Loss Destiny (English Edition)** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Low Carb Myth: Free Yourself from Carb Myths, and Discover the Secret Keys That Really Determine Your Health and Fat Loss Destiny (English Edition):

Description :

Prsentation de l'diteurDo Carbs Make You Fat, Hungry, and Lazy?The answer may surprise you, but the science says no! The truth is that people can be healthy and lean eating a huge variety of diets. This should tell you that the answer to better health and fat loss isnt found in cutting one specific macronutrient from your diet, like many low-carb gurus would have you believe. So then why have low-carb diets gotten so much attention lately? Surely some of the claims about carbs, sugar, and insulin must be true, right? Does being a Fat Burner Give you Incredible Energy and Melt Off Bodyfat?Low-carbers would have you believe

that all of our hunter-gatherer ancestors ate low-carb diets and that being a fat burner (instead of a sugar burner) leads to all sorts of magical effects like, boundless energy, superhuman athletic performance, better health--all while it melts off your bodyfat almost overnight. Yet, theres simply no evidence that low-carb diets were standard fare for our hunter-gatherer ancestors--there are countless tribes who ate huge amounts of carbohydrates and were perfectly lean and healthy. The studies are clear that in general, athletes on low-carb diets perform worse, not better. And there is a huge difference between being a fat burner and actually burning off your bodyfat. (They arent the same thing, so dont get confused and be scammed out of your money by falling for this gimmick!). In reality, the science shows all of these claims about the amazing benefits of being a fat burner to be nothing more than a bunch of pseudoscientific myths. Move Beyond the Battle of the Macronutrients and into the new era of health and fat loss! In *The Low Carb Myth* by Ari Whitten and Dr. Wade Smith, MD, youll learn the truth about low-carb diets and what you really need to be doing to lose weight, look great, and be healthy. Youll learn The secret thats really driving the obesity epidemic (its not carbs OR fat) Whats really driving the diabetes epidemic (no, its not carbs!) How to break free of carb myths and pseudoscience, and eat carbs again without fear or guilt! How to finally have better health and a leaner body (without the crazy and unsustainable diets!) The secret factors that really control your fat loss destiny (No, it's not the carb to fat ratio of your diet) Most importantly, they will show you how to put carbs back on your plate while still slashing body fat. Available on Kindle and Paperback.

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