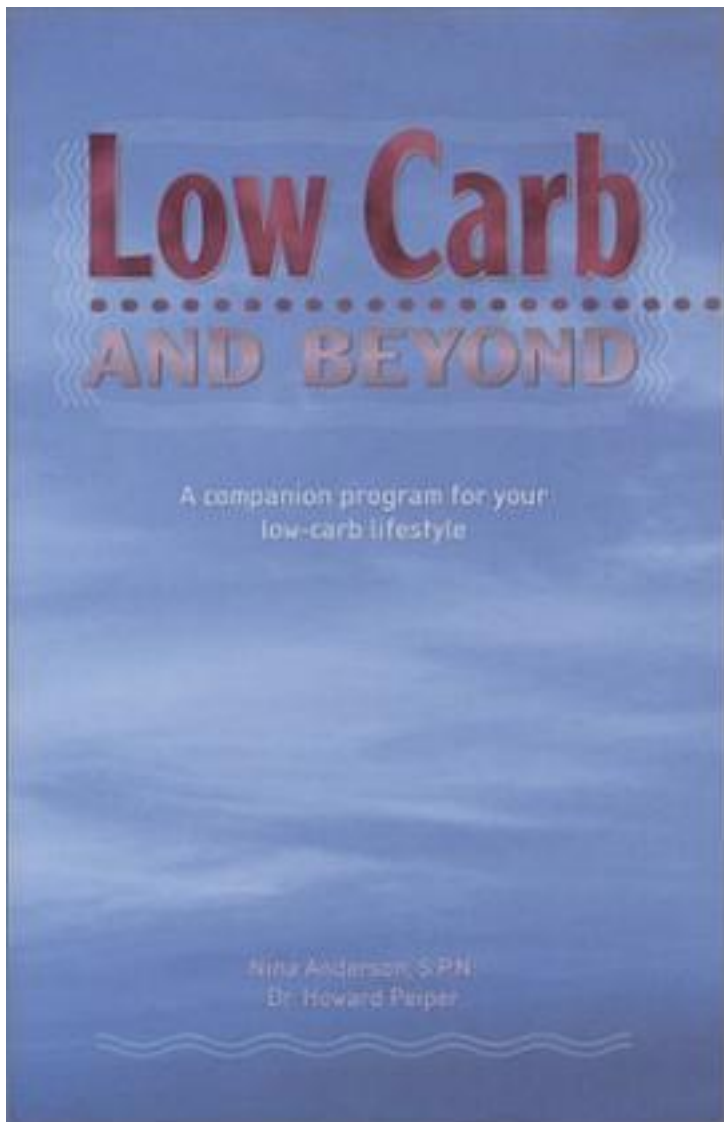


# Low Carb and Beyond



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"Low carb" is the current buzz word for weight-reduction and a more healthy lifestyle. Most of the low-carb diet books you read focus on eliminating foods. We talk about keeping the body in balance while you restrict your high-glycemic carbohydrates. Our approach gives you a better all around method to health and weight loss and should be part of every low carb lifestyle. Just reducing your intake of carbohydrates and bulking up on protein will not assure permanent weight loss or good health. Carbohydrates are needed for body. This book will help you choose which ones can support a healthy body.

Our program that enhances your low-carb lifestyle takes a whole-body approach and allows you to choose a more well- rounded diet while maintaining the core of the low-carb diet. Of course, don't forget about exercise. It's very important. You should get a workout several times a week, especially if you're an office-chair potato. We cover only the nutrient portion of a diet, but remember the body is a whole package. By adding exercise, relaxation, and laughter you can make dieting a win-win experience.

作者介绍:

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