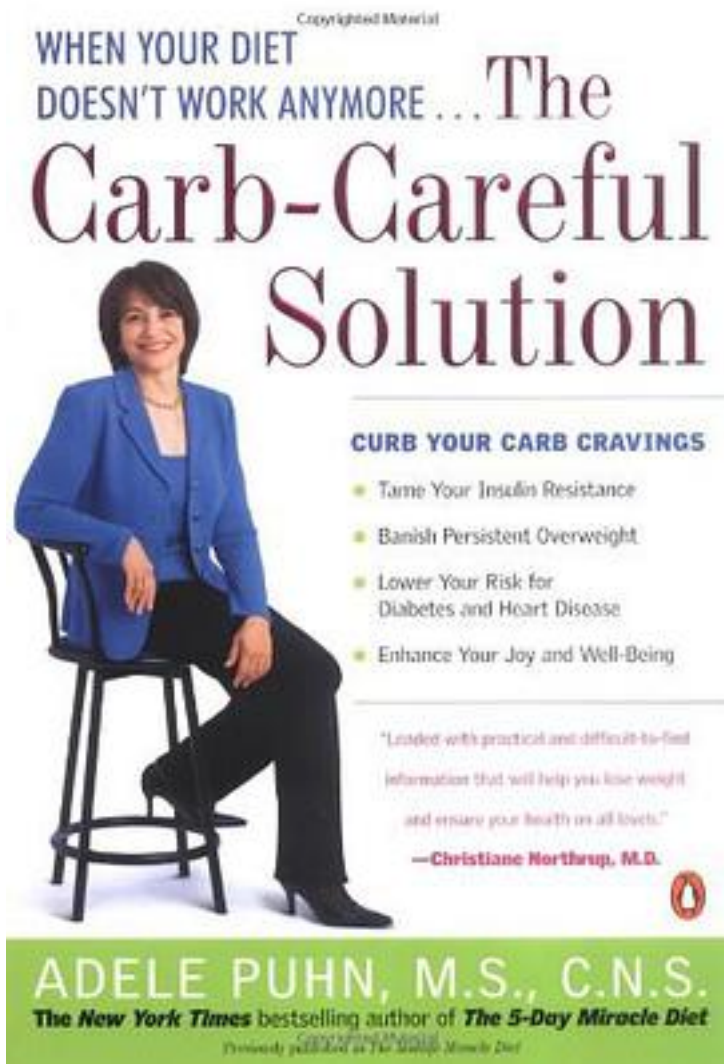


# The Carb-Careful Solution



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著者:Adele Puhn

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<p>Nationally respected nutritional consultant Adele Puhn shares her groundbreaking solution to a problem that affects many Americans: insulin resistance. This metabolic mix-up can literally control body chemistry and shorten your life, fueling cravings and starving cells of needed nutrients. Puhn tackles this problem with an easy-to-use program that helps the body use carbohydrates more efficiently while also burning fat, strengthening the immune system, and aiding weight loss. Through her simple, practical method Puhn shows how to change the way you eat-without deprivation and unrealistic restrictions-so you can start on the path to a healthier, happier, more fulfilling way of life.</p>

作者介绍:

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