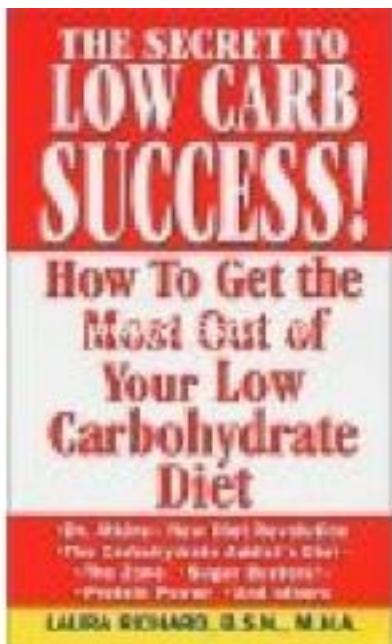


# The Secret to Low Carb Success!



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<p>many overweight people&iuml;&frac14;&OElig; I became intrigued with<br />\"new revolution of reduced carbohydrate dieting<br />that has seized the attention of millions of dieters in the<br />past few years. As a lifelong dieter&iuml;&frac14;&OElig; I had faithfully fol-<br />lowed the advice of nutritional experts for most of my<br />adult life. I ate a low fat diet made up of 60 to 75 percent<br />

sity rates in the United States have become so high that<br />the U.S. government routinely refers to obesity as an epi-<br />demic. In fact&iuml;&frac14;&OElig; obesity rates steadily rose through the<br />1990s until almost two-thirds (60 percent) of Americans<br />were overweight by 1999. The truly shocking aspect of<br />these statistics is that our national weight continued to<br />climb despite falling rates of fat consumption in the same<br />period.<br />

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