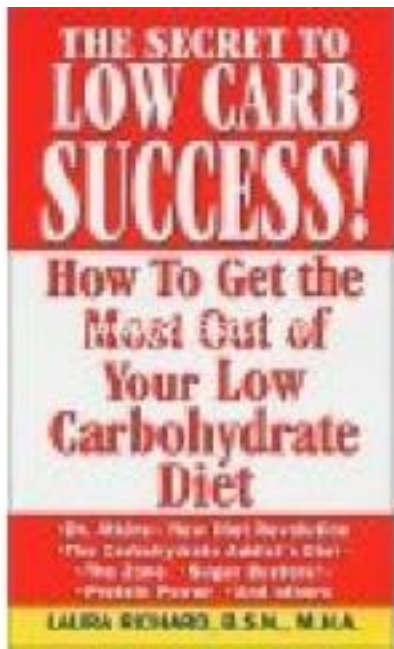


The Secret to Low Carb Success!



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<p>many overweight peopleï¼Œ I became intrigued with

"new revolution of reduced carbohydrate dieting

that has seized the attention of millions of dieters in the

past few years. As a lifelong dieterï¼Œ I had faithfully fol-

lowed the advice of nutritional experts for most of my

adult life. I ate a low fat diet made up of 60 to 75 percent

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

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