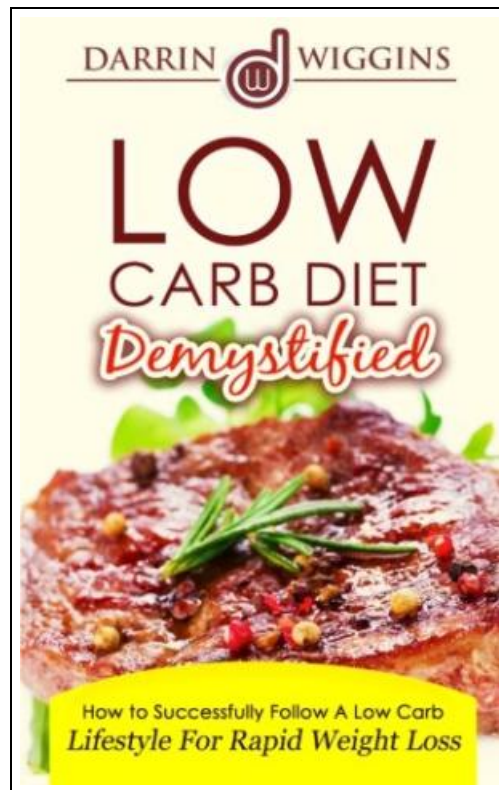


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Createspace, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Who Else Wants to Use A Low Carb Diet For Rapid Weight Loss? Tired of getting zero results from the diets you follow? Hate it when you spend hours a week searching the internet for the latest weight loss plan, cooking low carb food and exercising only to look the exact same? Want a REALISTIC, step-by-step high protein, high fat, low carb plan for rapid weight loss? Losing weight doesn't have to be hard. The secret is to find what works for you and not deviate from it. In the guide **Low Carb Diet Demystified** you'll get all the information needed to experience extreme weight loss using a low carb lifestyle. You DON'T Need a Complicated Low Carb Diet To See Results You've probably read numerous diet books that offer HUNDREDS of different dieting tips. You may have also noticed half them contradict the other half. My question is this: How do you know where to start when it comes to living a low carb lifestyle? Think of all the low carb diet strategies you've recently heard. You've probably been told to: Cut all carbs. Eat only meat. Oil is bad for you. Coconut oil is good for you (that's oil isn't it). Don't eat bacon. High protein, high fat. High protein, low fat. You don't need eight glasses of water a day. You shouldn't eat before bed. Never eat complex carbs. Avoid bananas. Eat gluten free. Eat foods labeled low carb. Drown yourself in artificial sweeteners. High fat diets are bad for you, no wait, good for you. Try to do all these things and you'll KILL your weight loss...



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