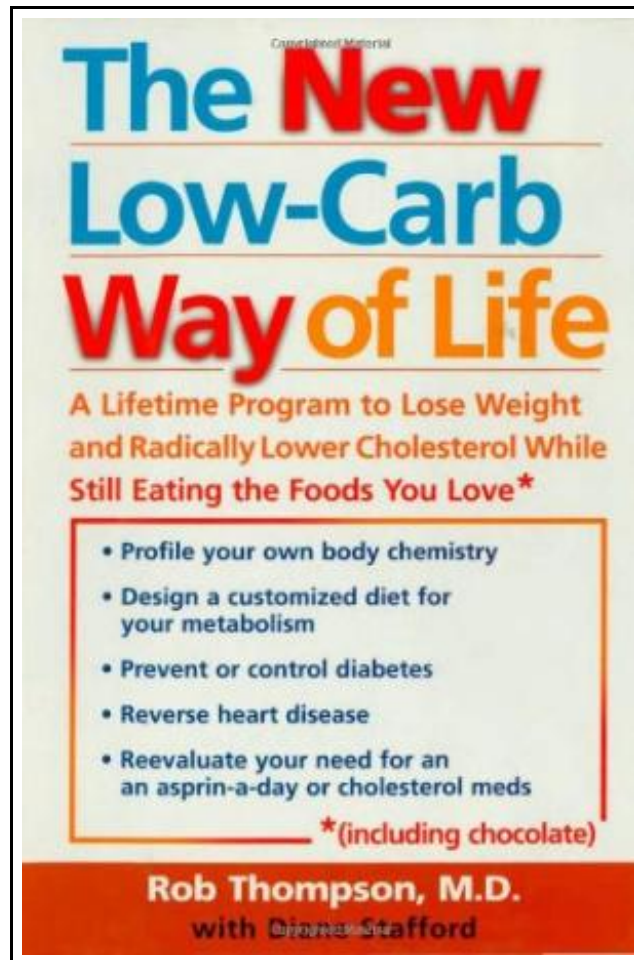


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(Shayne O'Conner)

THE NEW LOW-CARB WAY OF LIFE: A LIFETIME PROGRAM TO LOSE WEIGHT AND RADICALLY LOWER CHOLESTEROL WHILE STILL EATING THE FOODS YOU LOVE, INCLUDING CHOCOLATE

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Rowman & Littlefield. Hardback. Book Condition: new. BRAND NEW, The New Low-Carb Way of Life: A Lifetime Program to Lose Weight and Radically Lower Cholesterol While Still Eating the Foods You Love, Including Chocolate, Rob Thompson, Low-carb diets work as Dr Atkins has proved to the world, but now its time to go beyond the one-size-fits-all, sugarless approach to weight loss. Here, Cardiologist Dr Rob Thompson has developed a method that allows you to customise a low-starch diet programme to your personal metabolic needs. All it takes are a few answers to questions about your medical history and personal health habits and you can create your own metabolic profile - which explains the unique way in which your body handles carbohydrates and cholesterol. Incorporating the latest research, Dr Thompson shows that dietary science no longer lumps all carbs together. More and more scientists are rating them according to their 'glycaemic indexes', or the extent to which they impact metabolism. This books serves as a guide for the next generation of dieters who will be delighted to know that only certain carbohydrates are responsible for adding on the pounds and clogging up the arteries - and sugar is not one of them. But carbs aren't the only things changing. Exercise is also developing into a more personal, more specific field. For years doctors have been telling people to exercise without telling them how, but recent studies have indicated that the kind of exercise that stimulates metabolism and promotes weight loss is different from that which builds strength and endurance. Dr Thompson distinguishes between these types of exercising, ultimately showing that stimulating metabolism is a lot easier than commonly believed. Anyone can do it, and this book will show them how.



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