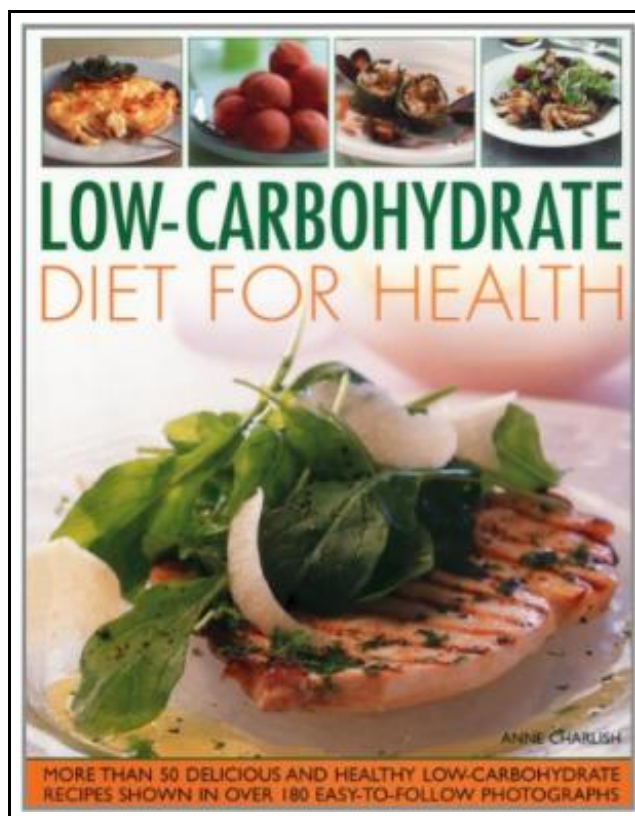# Low Carbohydrate Cooking for Health: Lose Weight and Improve Your Health the Easy Way with This Cleverly Developed Diet

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Anness Publishing. Paperback. Book Condition: new. BRAND NEW, Low Carbohydrate Cooking for Health: Lose Weight and Improve Your Health the Easy Way with This Cleverly Developed Diet, Anne Charlish, This book opens with a look at how carbohydrates affect the body. Set out as a practical, user-friendly guide, the introduction describes the chemical changes that occur in the body when you eat sugars and carbohydrates and how they impact on your health. It examines the foods you should avoid and the foods that your body needs to stay healthy, and provides advice on how to stick to a low-carbohydrate diet and maintain a healthy lifestyle. Over 50 low-carbohydrate recipes have been specially chosen to increase energy levels, prevent hormonal imbalance, burn fat more efficiently and encourage weight loss. Achieve optimum health with nutrient-packed dishes such as Thai beef salad, chicken breasts with serrano ham and grilled sea bass with fennel. Give your whole system a boost with these easy-to-follow recipes.

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