



The Seductive Land of Carbs

By Cindy H Carroll

BB Well Publishing, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.How Carb Savvy Are You? What do your genes have to do with your carbohydrate tolerance? Why is blood sugar awareness as important as blood pressure awareness? How do carbohydrates affect gut health? Do you need to jump on the gluten-free train? Is ketosis for you? How low-carb do you need to go? Carbs have become a popular word in nutrition and diet circles but the public's knowledge of them is superficial. Carbohydrates are a misunderstood class of nutrients. You may love them or you may hate them but do you really know them; why we need them and why too many can wreck havoc with your body? The purpose of this book is to help you navigate the land of carbohydrates so you will better understand this class of nutrients. Everyone has a carbohydrate tolerance that works best for his or her body. Find the type and amount that is best for you and watch your waistline and digestion improve. Carbohydrates are one of three macronutrients that we get calories from in food; the...



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