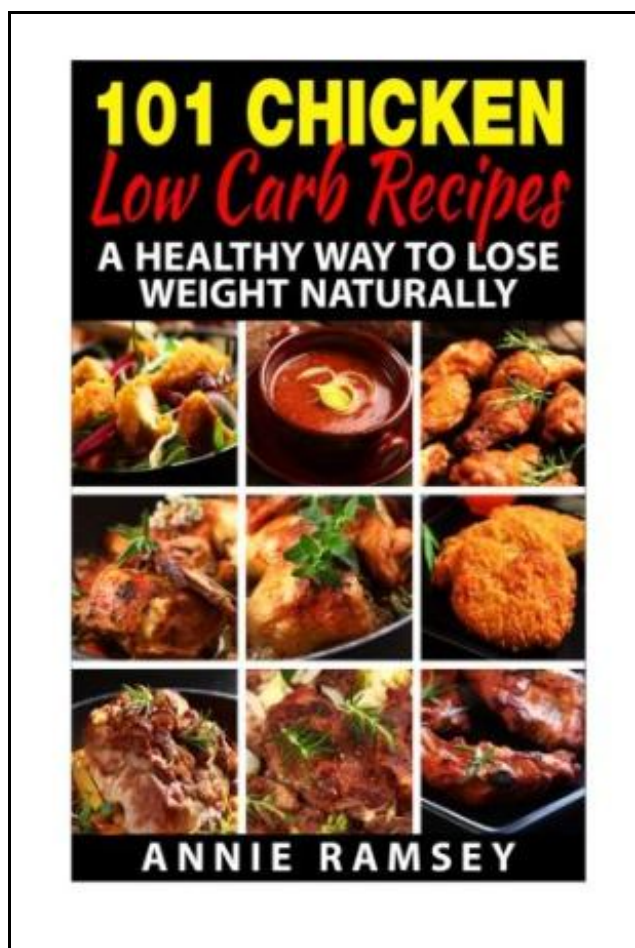


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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Carbohydrates in food are the prime source of energy for our bodies. They perform numerous roles in our bodies, including the storage of energy, improving our immune system and more. They are an important part of our nutrition, but are also the prime factor for excess fat and obesity. Why? Most of the foods that we love to eat have high quantities of carbohydrates. While it is important for our body to have energy, we only manage to use a small portion of the energy that we get from the carbohydrates. The rest of the energy is conserved in the body in form of fat. This book will definitely give you a comprehensive guide on different principles on how low carb diet will help on how to lower carbohydrate intake, without you having to face a lot of restrictions and challenges. Generally low carb diet is usually used to lose weight effortlessly and how the diet gives you several health benefits. This book will also help you to understand more about benefits of Chicken meat compare to other meat product and how it affects your health, and begin to make positive changes. The good news is with the help of this book it becomes easier to do. Good health comes down to one basic idea and that is to consume more healthy meat like chicken as you can. By doing this you should only have to supplement your protein intake when you really need it. Regardless of the type of lifestyle changes you make, it is possible to get healthy by realizing the part that nutrition plays.



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