

Starch-blocker cookbook

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Starch blockers.
Reducing diets -- Recipes.starch-blocker cookbook
-starch-blocker cookbook
Notes: Includes index.
This edition was published in 1982



Filesize: 10.48 MB

Tags: #The #Starch #Blocker #Diet #book #by #Cameron #Stauth

The Starch Blocker Diet by Cameron Stauth

The economical, fast, and innovative recipes in The McDougall Quick and Easy Cookbook help make good health and longer life easier than ever to achieve.

The Starch Solution

It has a limited effect. If you could just block the absorption of this one macronutrient, you would be able to hypothetically eat as much starch as you want without gaining a pound. This may cause some unpleasant side effects.

One Radio Network / Ultimate Starch Blocker (Dextrinization)

However, your weight is determined not just by the carbohydrates you consume.

The Starch Solution

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