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## Slow Carb for Life: The Ultimate Practical Guide to Low-Carb Living

By Haakonson, Patricia; Haakonson, Harv

ECW Press, 2004. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Well-known Canadian authors, Dr. Harv & Patricia Haakonson present a revolutionary, balanced approach to dieting -- from low-fat to low carb to their special approach: "slow carb." "Slow carbs" are carbohydrates that convert to blood sugar over time, avoiding the negative health impacts related to eating highly refined carbohydrates. "Slow carb" relies on a balance of normal food portions, including fruits, whole grains, and proteins. What sets Slow Carb for Life apart from other low carb books? It offers \* simple explanations for the science behind slow carb metabolism \* a realistic and proven approach to changing eating habits \* advice for special dietary needs, e.g. teens, vegetarians, and diabetics \* simple, practical, everyday tips to maintain the slow carb fat burn \* easy-to-follow daily intake guidelines for weight loss or weight maintenance \* a handy built-in carb counter and food diary to make weight loss easy \* over 100 delicious slow carb recipes for breads, muffins, and cookies in addition to soups, salads, vegetables, poultry, fish, and meat \* FAQ's and testimonials about experiences and successes with this approach This complete guide...



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