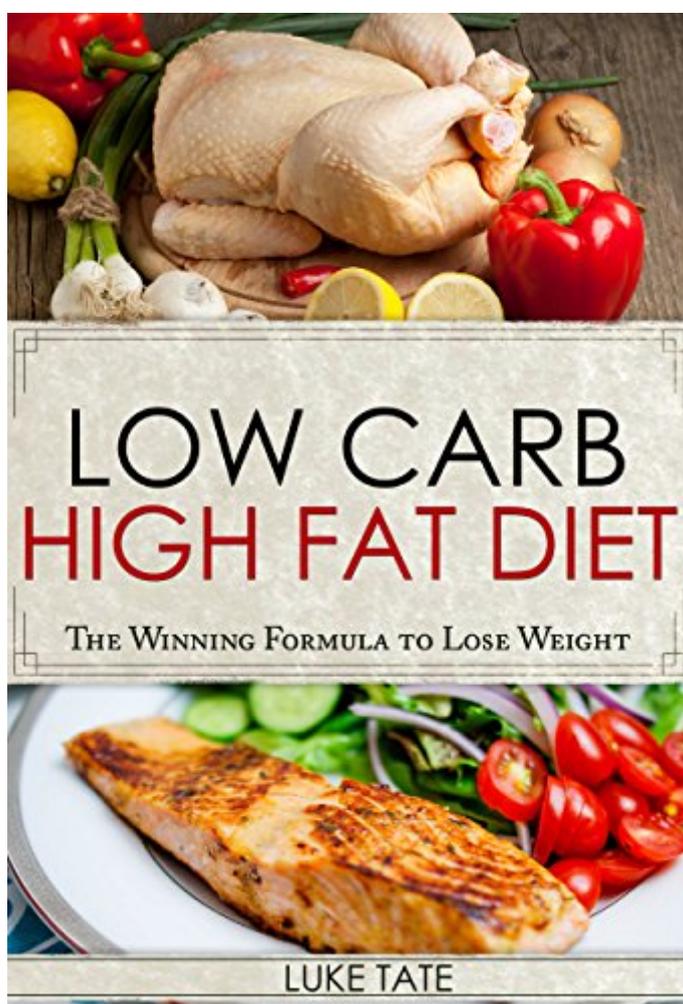


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# Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet)





## Synopsis

Use This Powerful Low Carb Diet Book To Lose Weight And Live A Happy And Healthy Life Hereupon these pages contain a comprehensive and informative guide towards a better understanding of all the basic information you need to know about, and the motivation to inspire yourself on how to eat fat and lose weight. Yes, it may seem absurd and preposterous, but you read it exactly right! "Eat Fat and Lose Weight! | Your Winning Formula thru a Low-Carbohydrate, High-Fat Diet!" Along with this eBook's primordial purpose to helping you engage successfully on the regimen's regular practice, is gaining the ability to reduce your excess and unwanted kilos. Assuredly, after you emerge from reading this eBook, you will become the modern-day weight-loss practitioner advocating the art and science of healthy living, proper nutrition, and wellness. More than that, you will achieve great influences of devising a personal grocery food guideline and/or sticking onto a selective food-shopping list as laid out by the eBook's specifically recommended and restricted food items, organic compounds, nutrients, and ingredients from across the principal food groups. After all, we only want what is best for ourselves, including our families. Arming yourself with an extensive food list, you will grab the chance of exercising the bon vivant in you, concocting personalized LCHF food creations through the assistance of sample recipes with full images presented herein, as well as following a 7-day LCHF meal plan. In the end, you will earn the encouragements and pride to share your winning formula for the benefit of everybody's welfare! The LCHF diet does not only manifest increased body weight loss, but it also indicates principal improvements in most health risk factors as well as Appetite Suppression, Brain Disorder Treatment, Destroys Abdominal Fats, Increases HDL (Good) Cholesterol Levels, Lowers Insulin and Blood Sugar Levels, Metabolic Syndrome Therapy, Reduces LDL (Bad) Cholesterol Levels, Decreases High Blood Pressure, Reduces Triglycerides, and even helps to treat chronic illnesses for example epilepsy. Turn now the pages towards eating fats to weigh less | and onwards to wellness, comfort, and total happiness! Summarily, in essence, alter your usual eating habits to alter your life for the best. Enjoy your journey of an enlightened personal wellness growth via this helpful read, with the best of wishes that you will certainly earn to learn something priceless while benefitting success. Take action now, get this Kindle book and start a healthy lifestyle!

## Book Information

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## Customer Reviews

Luke Tate supports the art and science of healthy living, proper nutrition, and wellness. In this succinct, well-written little book introduces a concept that may be new to many – and a controversial one at that. For instance, in his Introduction Luke presents the premise:

“Low-carbohydrate and high fat (LCHF) diets have been around for such a long time, yet oftentimes disputed. Fat-conscious medical practitioners have primarily condemned their principles and methodologies. The media even joined the disapprobation bandwagon by sensationalizing to suppress completely the controversy to all. Both sectors professed that such certain diets increase the body’s cholesterol levels and result to heart ailments, obviously due to the high fat content these diets entail. However, with the changing times, there have been so many persistent dietary studies conducted about low-carbohydrate and high fat regimens. More often than not, LCHF diets were conclusively the most favorable compared against and among the popular and specific diets. The LCHF diet does not only manifest increased body weight loss, but it also indicates principal improvements in most health risk factors, which include cholesterol levels. With the several proven health benefits it continuously provides, the LCHF diet has evolved into several modifications. Among the most accepted adaptations is the ketogenic diet. Luke nutritionist/dietician approach is well research and very well grounded and explained.

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