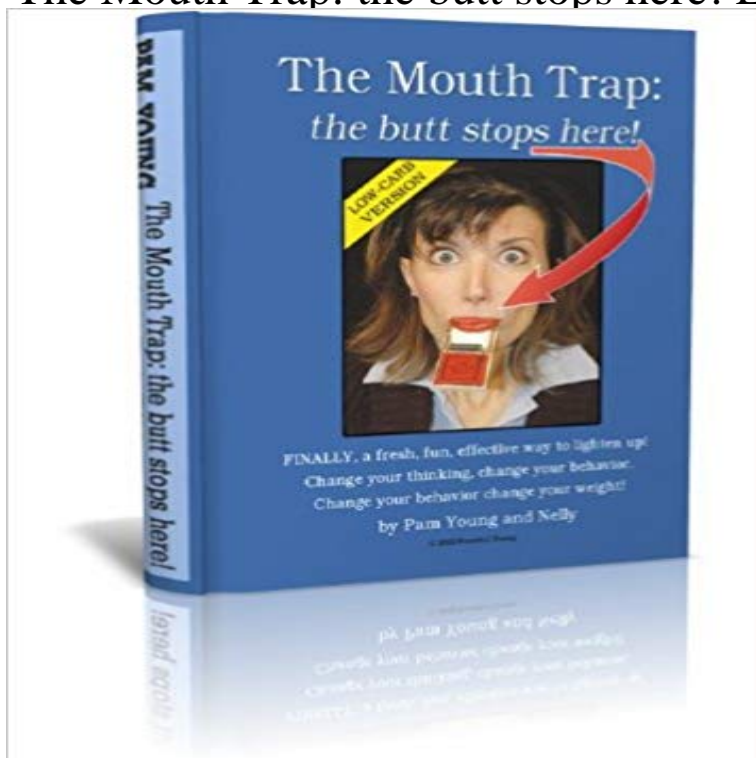


The Mouth Trap: the butt stops here! Low-Carb Edition



Your mouth and what you put into it is the key to your health. The Mouth Trap: the butt stops here! Low Carb Version teaches a practical and lighthearted approach to living a low carb lifestyle. It truly is a happy, healthy way to eat. The new light being shed on restricting carbohydrates (especially sugars and starches) has probably piqued your curiosity in the last few months. If you are one of the millions diagnosed with Type Two Diabetes; you have had to face reducing your carbohydrates. This book will not only help you to stick to a low carb lifestyle, it will help you enjoy it like youve never enjoyed eating before! Youll meet Nelly, my inner child, and shell help you get in touch with your inner child and as a team youll play your way to a lighter life. The Mouth Trap: the butt stops here! Low Carb Version was written with love for all who are fed up with struggling to lose weight, are always hungry, crave sweets and are ready to try this new way to eat. After following a low carb lifestyle since May, 2011, I take you on my journey through the challenges of living in a society that celebrates around sugar. I discovered how to pull the sweet tooth (its in your inner child) and live without hunger or cravings. Youll learn how easy it is to go through all the holidays and celebrations that insist on sweets and pass them up. Youve been successful at losing weight in the past but if youve gained the weight back, GOOD NEWS, your inner child is alive and well, just out of control because of CARBOHYDRATES. The Mouth Trap: the butt stops here! Low Carb Version will forever change the way you regard your mouth and what you put into it. When you read this book, I want you to be easy with yourself this time. There is no deadline; you have all the time in the world.

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