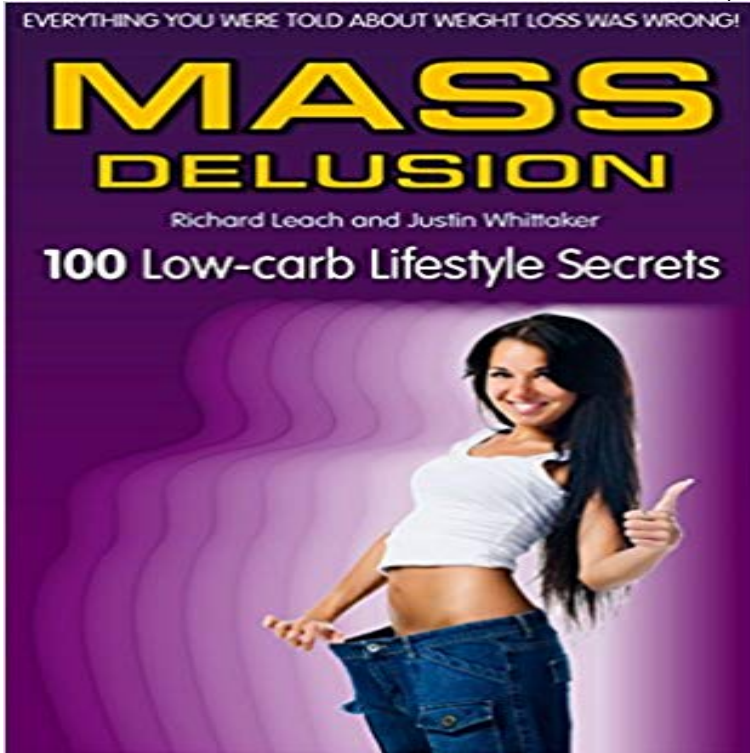


## Mass Delusion: 100 Low-carb Lifestyle Secrets



100 handy tips covering the basics of low carb weight loss through to maintaining a healthy low carb lifestyle. The first ten tips explain how to get the weight off. The rest of the tips aim to answer the questions which come up time and again both during weight loss and after. Wherever possible tips are short and to the point so you can dip in and out in any order. Not only can a low carbohydrate diet be very effective for weight loss, it offers long term health benefits as well. If you have tried other diets with no lasting results, this book could be for you. The beauty of the diet described here is that results are noticeable from the first week and every week thereafter. The authors describe a new way to eat that is filling, delicious and nutritious, with no calorie counting at all! You will rapidly feel the benefits of increased energy and stable blood sugar. Perhaps you have already lost the weight you wanted and are wondering what the next step is. With these low carb tips you can learn more about this often misunderstood lifestyle choice. So many diets are a rollercoaster ride of weight loss and gain. Here is where the low carb diet shines. A rich, fullfilling way of eating that can be maintained for life. Within these 100 tips you will find out how mainstream dietary advice has been seriously flawed for several decades. Flawed to such an extent that it has caused a health catastrophe. Insulin resistance, type 2 diabetes and heart disease are just the tip of the iceberg. The authors sincerely hope to steer as many people as possible away from the road to health misery they may be heading down. Anyone with an interest in healthy low carbohydrate living should find something of interest in this little book of tips. In the appendixes you will find a list of carbohydrate contents and glycaemic index of common foods so you can get started straight away. A few recipe ideas have been added to give you inspiration to

create your own delicious meals. A list of recommended further reading is also included.

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