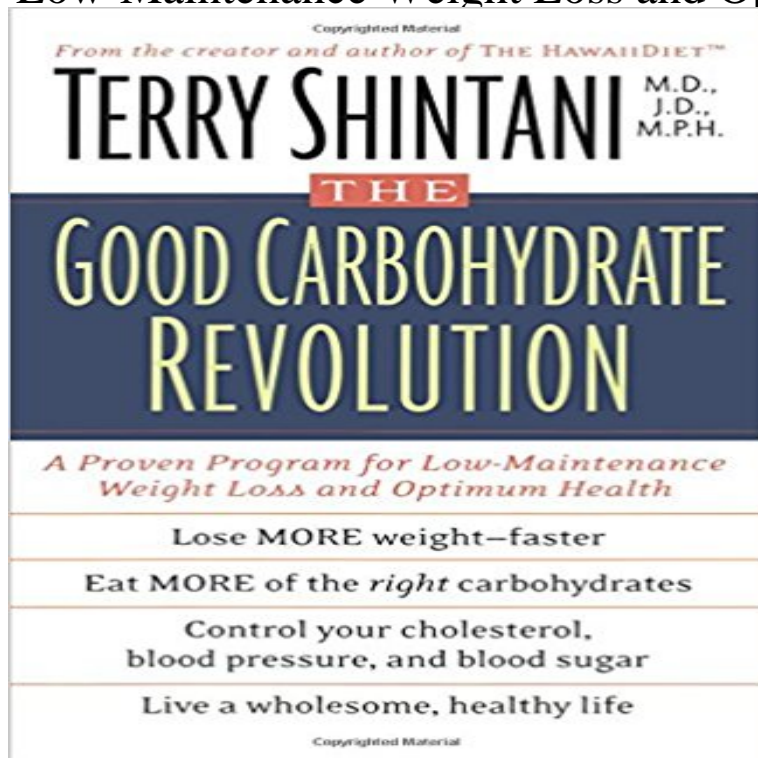


# The Good Carbohydrate Revolution: A Proven Program for Low-Maintenance Weight Loss and Optimum Health



Forget everything youve learned about low-carb and carb-free diets! A SCIENTIFICALLY PROVEN BREAKTHROUGH IN NUTRITIONAL WEIGHT-LOSS RESEARCH THAT CAN HELP YOU TO LOSE WEIGHT AND CONTROL YOUR BLOOD SUGAR LEVELS BY EATING MORE OF THE RIGHT KIND OF CARBOHYDRATES. In his bestselling book The HawaiiDiet, Dr. Terry Shintani showed readers how they could eat nearly twice as much food as they usually do and still lose weight. Now, as a much-needed voice of reason amid todays clamor of weight-loss programs that eliminate carbohydrates from the diet in favor of protein-only foods, Dr. Shintani returns with a revolutionary approach to weight-maintenance and total-body health. Here, youll learn how to: Identify the good carbohydrates, from whole-grain pasta and pita bread to sweet potatoes and brown rice, as well as an array of vitamin-rich fruits and vegetables Lower your cholesterol and blood pressure, and control your blood sugar levels to help prevent the onset of osteoporosis, cancer, stroke, and other serious illnesses Design a delicious, affordable 21-day meal plan to get you started on the path toward weight loss and total-body wellness ...and much more. Whether youre seeking permanent weight loss, lower cholesterol, or a crash-course in good nutrition, The Good Carbohydrate Revolution promises to make eating well -- and staying well -- easier to achieve than ever before.

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