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## The Carbohydrate Addict's Diet: The Lifelong Solution to Yo-Yo Dieting

By Dr Rachael F Heller, Dr Richard F Heller

Penguin Putnam Inc, United States, 2000. Paperback. Book Condition: New. 170 x 104 mm. Language: English . Brand New Book. \* After eating a full breakfast, are you hungrier before it s time for lunch, than you would be if you only had time for a cup of coffee? \* Do you have a hard time stopping once you start to eat bread, pasta, or sweets? \* Do you have a tendency to gain weight easily, or if you lose weight, to gain it back again? If you answered yes to one or more of these questions, you may not be experiencing a lack of willpower but rather a physical addiction to carbohydrates--a compelling or recurring craving for starches, snack foods, or sweets. Now, Drs. Richard and Rachael Heller of the Mount Sinai School of Medicine in New York have discovered a revolutionary new diet that eliminates the cravings and helps you to overcome the yo-yo syndrome--permanently--without deprivation. based on the Hellers nine years of research, thousands of case studies, and their own personal victories over cravings and weight (maintaining a 200 pound loss between them!), this healthful, unique diet features a pleasurable way that adapts to your lifestyle and...



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