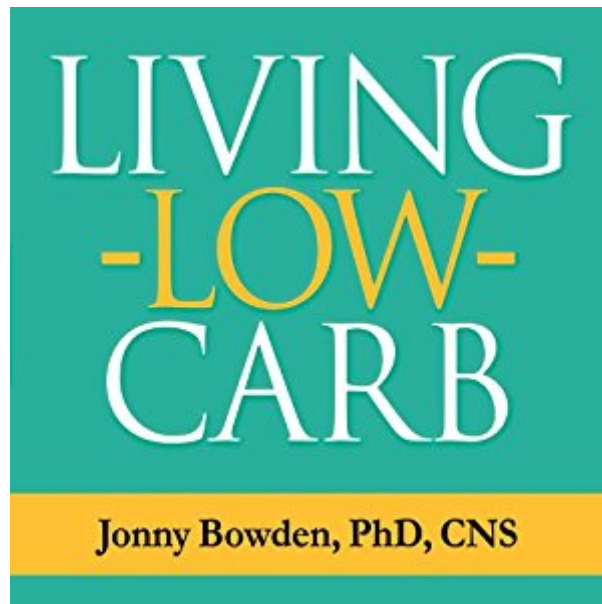


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# Living Low Carb: Controlled-Carbohydrate Eating For Long-Term Weight Loss



## Synopsis

Whether you're searching for a practical weight-loss program, simply want to eat better, or are already a committed low-carber looking for ways to make the lifestyle work for you, best-selling author and nutritionist Jonny Bowden reveals the secrets to finding and sticking with a healthy controlled-carb program. This newly revised and updated edition covers the truth about low-carbohydrate diets and reveals the major culprits in a high-carb diet, offers new information on the addictive properties of wheat and fructose and Bowden's take on The China Study, as well as invaluable ratings of the diet programs on the market. Cut through the confusion about low-carb diets and how they work. Compare 23 diet programs and choose the one that's right for you. Get insider tips and tricks for maintaining a low-carb lifestyle. Find out how to overcome common obstacles to low-carb dieting.

## Book Information

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## Customer Reviews

One of the most honest and accurate health writers and speakers on the planet today has got to be the amazingly prolific and one of the all-around lovable good guys-Dr. Jonny Bowden. His stellar writings which are featured through a wide multitude of various nationally-syndicated columns such as on AOL, The Huffington Post, iVillage as well as his bestselling line of books make him a highly sought after expert on all things related to nutrition, diet, and living a healthy lifestyle. Back in 2003, he penned what many in the low-carb community considered the quintessential magnum opus book on the awesome benefits of carbohydrate-restriction that has ever been written in a readable style that was palatable to anyone interested in learning more about what this way of eating is all about.

The book was called *Living The Low Carb Life: From Atkins to the Zone Choosing the Diet That's Right for You* and it was an outstanding book that literally allowed you to compare all of the most popular low-carb diet plans side-by-side with a brief synopsis of each one along with the pros and cons to decide which one is best for you. Dr. Bowden has always maintained the philosophy that people need to find the diet that is right for them. But when the low-carb diet supposedly fell out of favor with the public in 2005 after the big low-carb food marketing craze subsided, Dr. Bowden's publisher discontinued printing the book despite strong sales. Then in 2009 there was such a great demand for this book by people sincerely interested in learning more about what low-carb living was all about and the emergence of a whole host of solid scientific evidence supporting low-carb diets that the publishers had no choice but to contact Dr.

The hoopla over low-carb diets has all but vanished in the news. Once the low-carb junk foods disappeared, the media quickly dismissed low carb as "dead." (And oh yeah, if you keep eating this way, they said, you would be dead too.) It's not. And we're not. Plenty of us happily eat low carb, and enjoy optimal health. We look and feel great. We have not died of kidney failure, or whatever "dangers" supposed health experts warn about eating this way. Thankfully Jonny Bowden has revised his brilliant *"Living the Low Carb Life,"* the absolute best book of its kind to learn about this way of eating. Even if biochemistry scares you away, Bowden has a way of writing that's simultaneously entertaining, enlightening, and a pleasure to read. That's true even if you never group "biochemistry" and "a pleasure to read" in the same sentence. The new edition contains a chapter about talking to your doctor, some additional reviews of new diet and exercise plans/ books, and more current studies to support low-carb eating. Everything you need to know about eating healthily, taking supplements, exercising, and feeling great is right here. I didn't think this book could get any better, but it did. Read *"Living Low Carb,"* and you'll have an intelligent, science-based argument for anyone who bemoans how terrible, or unsafe, or whatever, low carb diets can be. Even people who know better espouse this fallacious thinking. I am almost finished with a Masters degree in nutrition.

There is a reason Dr. Jonny Bowden is one my favorite health authors and this book just reaffirms it. He explains complex health and nutrition topics in layman's terms so that when you're done reading you can't help but say to yourself "Ahhh! Now I get it! That makes perfect sense!". So what drew me to this book in the first place? I've been fat almost my entire adult life and six years ago I was diagnosed as insulin resistant and two years after that I had full blown Type II diabetes. I've never

really managed to get my blood sugars under control and now I know why. I am, and always have been a carb addict. Bread, crackers, chips and pasta had always been the mainstay of my daily food intake and that's why I'm fat and have diabetes. Not much of a refined sugar lover but when you put starchy carbs in your body there's really no difference. Six months ago I joined WeightWatchers and committed to eating clean, whole foods and sticking with a low-fat, lean protein, high fiber lifestyle. Well guess what, I've done exactly what I committed to and 6 months later I have lost only 6 pounds from where I started. That's a hard reality to accept not to mention the levels of frustration I have lived with over those last 6 months. About 5 years ago, I went on a low-carb plan and I took it to the extreme of no-carbs and it worked. I lost a lot of weight in a short amount of time but about 3 months into my no-carb plan I developed a kidney issue. After multiple tests and multiple doctors no one had an answer for my kidney problem so ultimately I was told that the culprit was the fact that I was not eating carbs and that I needed to add them back in. So I did and I gained back everything I had lost and then some and was then diagnosed with full Type II diabetes.

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