



Diet 101: The Truth About Low Carb Diets

Jenny Ruhl

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Bloodsugar101.com's Jenny Ruhl explains what peer reviewed research and the experience of Successful Low Carb Dieters can tell us about:

- * How Low Carb Diets Repair Unhealthy High Normal Blood Sugars
- * How Low Carb Diets Achieve Weight Loss
- * The Strengths and Weaknesses of the Diet as Revealed by Research
- * The Facts that Debunk Exaggerated Claims Pro and Anti Low Carb Diets
- * How the Low Carb Diet Affects Hunger and Hunger Hormones
- * Low Carb Diet Side Effects and How to Deal with Them
- * How to Customize Your Low Carb Diet
- * The Secrets of Successful Low Carb Dieters
- * The Real Effects of Supplements and Functional Foods
- * How to Break Through Weight Loss Stalls
- * How to Maintain a Low Carb Weight Loss for Life

Everything you need to know to achieve healthy weight loss on the one diet that really controls blood sugar.

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