



# **The Low-Carb Diet Solution: How to Effectively Lose Weight with the Proven Methods of Low-Carb Dieting**

*J.C. Collins*

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**How to Effectively Lose Weight with the Proven Methods of Low-Carb Dieting!** The existence of the low carb diet has been recorded throughout history. Before, it was thought that a low fat diet was the most direct and effective tool to losing or maintaining weight. Fat contains most of a food's flavor. Low fat diets forced people to consume low fat foods with enhanced sugar content. In fact, all processed low fat foods contain added sugar. These sugars contribute to weight gain as sugar is the first element that the body converts into fat. This fat is stored for future use as energy. Next to sugar, carbohydrates are what the body uses to burn as energy. With minimal carbohydrates, the body is forced to convert fat into energy. This, in essence, is the philosophy of a low carb diet; take in fat and minimize carbohydrates to reduce, eliminate or reverse weight gain. **Here Is A Preview Of What You'll Learn...**

- Low-Carb Dieting: How it Works
- Is the low-carb solution difficult to follow?
- What is the Paleolithic diet?
- The challenge of the diet
- The Atkins diet and how it works
- Low Carb Substitutes
- How to Maintain a Low-Carb Diet
- ...and Much, much more!

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