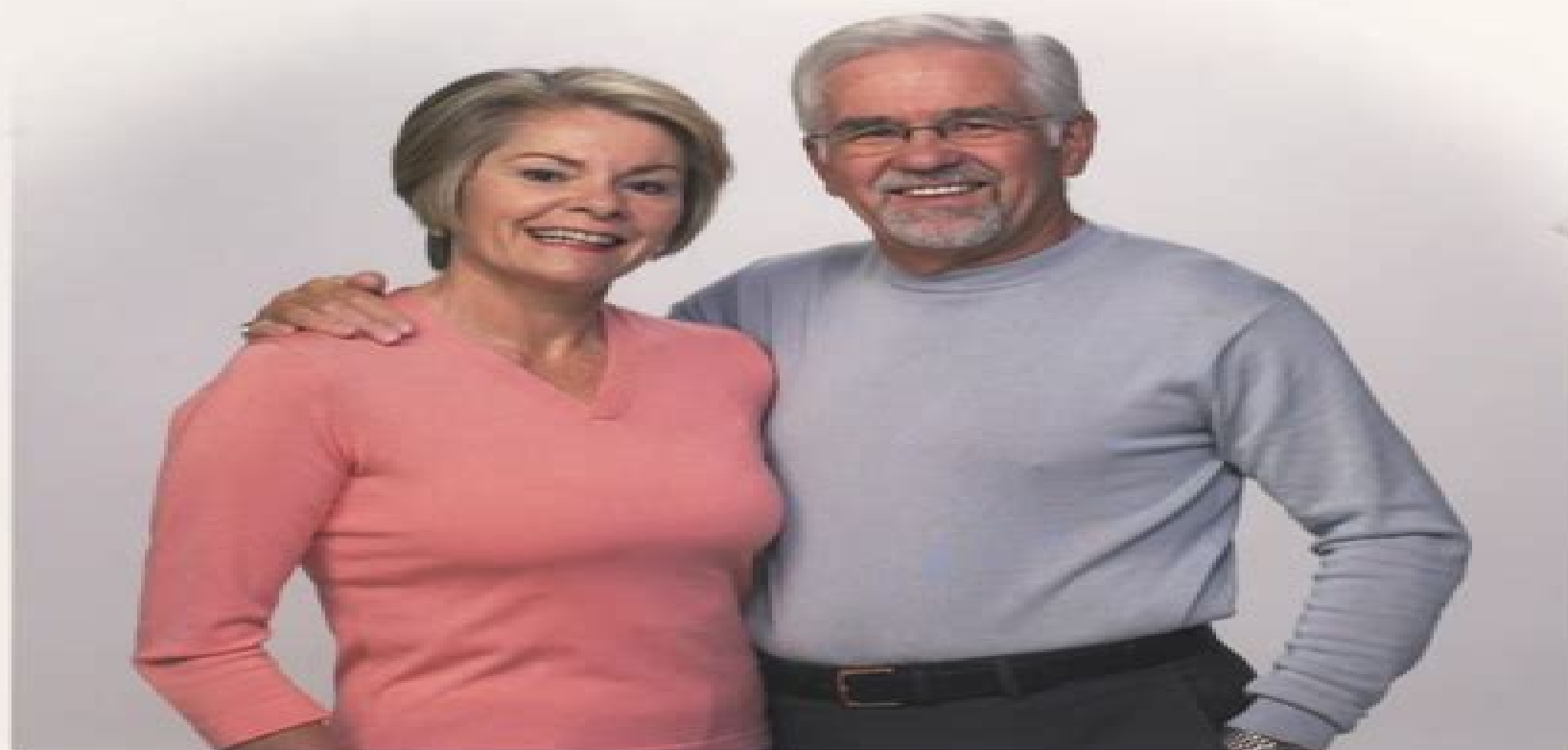


# SLOW CARB FOR LIFE

*The Ultimate Practical Guide  
to Low-Carb Living*

PATRICIA HAAKONSON, B.Sc. AND  
HARV HAAKONSON, M.D.



# Slow Carb For Life The Ultimate Practical Guide To Lowcarb Living

**Barrett Williams, ChatGPT**



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