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• THE ORIGINAL • **STARCH- BLOCKER DIET**

Eat without absorbing calories
on this breakthrough permanent
weight loss plan that finally works

Dr. John Marshall

discoverer of the starch-blocker
with Robert Lemon

The Original Starch Blocker Diet

Roman Wölfel



The Original Starch Blocker Diet:

The Sugar Blockers Diet Rob Thompson, Editors Of Prevention Magazine, 2012-12-24 This groundbreaking plan teaches you to outsmart blood sugar spikes so you can eat the carbs you love and still lose weight Starches are one of the biggest culprits when it comes to the nation's weight problems Starches spike blood sugar levels which can make losing weight nearly impossible Unfortunately many of favorite foods pasta bread rice are the worst offenders But who wants to cut out these delicious dishes and feel deprived By focusing on certain foods that slow the effect of starches on blood sugar The Sugar Blockers Diet offers a smart eating strategy that can be maintained for life These foods called sugar blockers include all kinds of everyday foods from steak or cheese to vinaigrette or a glass of wine Learning how to include these foods at every meal will not only help you lose weight but also help you reverse insulin resistance and defend against diabetes In addition to a robust list of sugar blocking foods and strategies the book includes more than 50 tantalizing nutrient rich recipes an easy fun walking plan proven to balance blood sugar and help the pounds melt away and a proven plan on which real men and women lost up to 18 1 2 pounds and 9 1 4 inches in just 6 short weeks *How I Gave Up My Low-Fat Diet and Lost 40 Pounds..and How You Can Too* Dana Carpender, 2003-07-01 This is a breezy chatty non technical fun to read explanation of low carbohydrate dieting why it works the surprising health benefits and most importantly how to do the diet Or rather diets since the book details three very different main approaches to controlling carbohydrates including the Basic Low Carb Diet similar to Atkins or Protein Power and the Mini Binge Diet popularized as The Carbohydrate Addict's Diet plus several variations finally summing up the basic principles which tie them all together The point is to give the reader the tools necessary to construct a new way of eating that will fit his or her body psyche and lifestyle thus allowing them to stay slim energetic and healthy for life *The Publishers Weekly*, 2003 **The Original Starch-blocker Diet** John Marshall, Robert Lemon, 1982 **FDA Consumer**, 1987 **Deception and Fraud in the Diet Industry** United States. Congress. House. Committee on Small Business. Subcommittee on Regulation, Business Opportunities, and Energy, 1990 *Encyclopedia of Diet Fads* Marjolijn Bijlefeld, Sharon K. Zoumbaris, 2014-11-25 This updated encyclopedia examines the basics of nutrition and dieting presenting the important people concepts and criticisms involved and examining the pros and cons of different plans This A to Z reference describes many of the health fads and fashions of the past as well as current trends in weight loss to help people understand the principles of weight loss and the benefits of healthy choices The authors help to identify effective means of losing weight and maintaining a healthy lifestyle placing particular emphasis on weight loss programs aimed at young people who struggle most with obesity eating disorders and body image The book explores what works what is potentially dangerous and what scientists are discovering about nutrition while also offering sustainable advice for keeping fit The second edition of Encyclopedia of Diet Fads includes many updated expanded and completely new entries as well as the latest information on diets and reviews many popular diet trends like the Atkins Diet the Zone Diet Weight Watchers and

Medifast The book is organized by alphabetical entries regarding nutrition exercise and famous and infamous diet promoters Readers can learn more about an area that interests them through cross referenced sections and a prolific list of additional resources A selection of appendixes contains practical information such as how to evaluate diets and recipes The Encyclopedia of Obesity and Eating Disorders, Third Edition Dana K. Cassell, David H. Gleaves, 2009 The Encyclopedia of Obesity and Eating Disorders Third Edition is more relevant now than ever before **Official Gazette of the United States Patent and Trademark Office** ,2000 *Not Another Diet Book* Bobbe L. Sommer, 1987

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