



THE  
**SMART**  
GUIDE™ TO

# **Low-Carb Cooking**

*With Over 150 Succulent Recipes*

***Slow Aging** and  
**Lose Weight**  
with this Insulin-Smart  
Anti-Aging Lifestyle*

**by Mia Simms**

# Smart Guide To Low Carb Anti Aging Cooking

**B Lingard**



## **Smart Guide To Low Carb Anti Aging Cooking:**

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