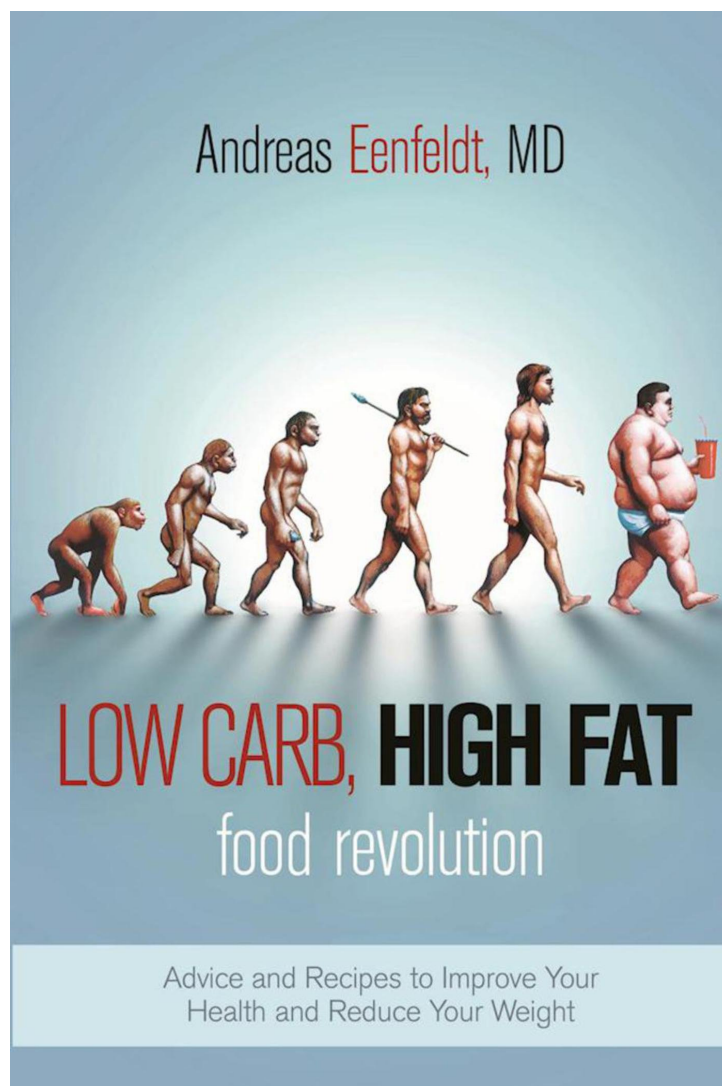


Low Carb High Fat Food Revolution Advice and Recipes to Improve Your Health and Reduce Your Weight by Andreas Eenfeldt

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*Review: PROs- Succinct description of food plan, good scientific explanation of this approach
****CONs- Publisher did hack job in translation and preparation for publication **I was finally able to figure out how to eat low-carb with regular real food after reading Dr. Eenfeldts English blog. I was thin until thyroid problems hit with pregnancy, and have...*

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Description: You hear miraculous stories in the news all the time—a man loses 370 pounds, another is able to return ten of his twelve medications at the pharmacy, and an epileptic child suddenly stops having seizures—each experiences a miraculous change in health, all from simply changing his or her diet. Fascinatingly, these stories all have one thing in common;...

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