



## Beyond Atkins: A Healthier, More Balanced Approach to a Low Carbohydrate Way of Eating

By Douglas J. Markham

Gallery Books. Paperback. Book Condition: New. Paperback. 256 pages. Dimensions: 9.1in. x 6.1in. x 0.6in. Its a fact: Not all carbohydrates are bad for you. Unlike Atkins, South Beach, and other diets, Dr. Douglas Markham's breakthrough health plan is a more comprehensive, sustainable, and satisfying program for weight loss and total-body health. Dr. Doug's signature Total Health Plan features the More Balanced Approach to low-carb meal programs, along with his 30-minute Fat Burning Circuit Training Workout. This groundbreaking book will allow you to discover: the safest, most effective way to follow a low-carbohydrate lifestyle how the kind of food you eat affects your body, your energy level, and your quality of life why fat does not make you fat how healthful eating can replace the need for prescription drugs to treat high blood pressure, high cholesterol, and adult-onset diabetes . . . and much more. This empowering resource can help you to both lose pounds and maintain your weight; improve your eating habits; enhance your self-image; and lead a healthy, balanced life. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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