



The 7-Day Low-Carb Rescue and Recovery Plan: For Every Low-Carb Dieter--On Any Program-- Who Needs Real Help--Right Now

Rachael F. Heller, Richard F. Heller

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Drs. Rachel and Richard Heller, authors of the revolutionary *New York Times* bestselling *Carbohydrate Addict's* books, are renowned for their ability to motivate readers with their own combined 200-pound weight loss success. Drs. Heller understand the physical and emotional reasons why people struggle to stay on their low-carb diets—or fall off them completely.

Now comes the right help at the right time—a plan to put the low-carb dieter back in control—without deprivation—in only a week or less!

Holidays, vacation, stress, boredom, and daily emotional wear and tear are all factors that can chip away at the most sincere diet commitment. What starts out as a simple "cheat" often leads to bona-fide failure. In the end most low-carb dieters are left to watch helplessly as their eating spirals out of control and the pounds creep (or rush) back on. Drs. Heller know that once someone has fallen off any low-carb diet, they need help to get back on, and stay on.

Now there's a day-by-day, scientifically-based motivating and empowering program that will immediately reduce cravings, satisfy the body's need for carbohydrates, and help low-carb dieters regain control over their eating and their weight.

The 7-Day Low-Carb Rescue and Recovery Plan includes:

- **7-Day Jump-Start Plan:** Goes to work immediately to help eliminate cravings, balance blood sugar and insulin levels, and put you back in charge—without asking you to give up your favorite food.

- **Five Clues Low-Carb Diet Doctors Miss:** What you don't know could kill your diet. What you need to know to ensure success.

Taming the Hunger Hormone: How to spot the slip-up before it happens—and regain your self-control on the spot.

Hidden Carbs Waiting to Pounce: Did you know that two stalks of broccoli are equal in carbohydrates to a chocolate-covered ice-cream bar? You have to read this chapter!

Troubleshooting: Simple solutions to plateaus, time crunches, the breakfast dilemma, holiday and party minefields, constipation, spousal sabotage, and more.

Restaurant Tactics: Surprising strategies for eating out, enjoying the food you love, and staying on your plan.

Rescue Recipes: When you're facing temptation, legal food that satisfies at your fingertips.

The 7-Day Low-Carb Rescue and Recovery Plan is the essential lifeline of hope for low-carb dieters who have lost their way, or who simply need a helping hand in getting back on track.

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Paula Royce:

Are you kind of busy person, only have 10 as well as 15 minute in your moment to upgrading your mind

expertise or thinking skill perhaps analytical thinking? Then you are receiving problem with the book than can satisfy your short time to read it because all this time you only find book that need more time to be learn. The 7-Day Low-Carb Rescue and Recovery Plan: For Every Low-Carb Dieter--On Any Program--Who Needs Real Help--Right Now can be your answer given it can be read by anyone who have those short time problems.

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