



Low Carb High Fat No Hunger Diet: Lose Weight With A Ketogenic Hybrid

Veronica Childs, Laura Childs

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Lose Weight with the Low Carb High Fat, No Hunger Diet

Update: At 50 years old, Laura Childs has lost over 50 pounds. Collectively the authors have lost over 100 pounds at the time of this update.

What if we told you that you can lose a considerable amount of weight before you have to put on that bridesmaid dress next month? In time for your vacation? Or drop enough weight in the first 10 weeks to fit back into your high school jeans - just in time for that high school reunion? (One of the Low Carb High Fat Diet authors did it, you can too!)

Does that sound like something you'd like to achieve?

"To date this mother and daughter team - aged 50 and 20 at the time of writing - have collectively lost 115 pounds without hunger and without exercising. Furthermore they make themselves available by email and social networks to help you do the same!"

What if you don't have to count every calorie, buy specialty foods, or feel incessantly hungry while losing weight?

We aren't trying to convince you that this is the Holy Grail of weight loss. We cannot say that it works for everyone. However, after nine months of sharing these diet principles with over 5,000 readers we note an 80-85% success rate.

Here's how this began:

We were sick of being large and unhappy. Tired of being tired. Fed up with our lack of confidence.

Mom had already received a worrisome report from her doctor after her physical and blood work check up.

Individually we studied diets, nutrition reports, research studies, and listened to other dieter's feedback. Then we got to work comparing notes and creating our own diet; one we thought we could enjoy and stick with.

And work it did! Following just a few simple guidelines we ate our fill of our favorite foods. We cut out a few others.

Friends, family and our doctor took notice. They asked us to share more information about the diet.

At first we shared recipes, but people wanted more. We answered private messages, personal emails, and the multitude of questions asked of us in public. When a few friends started losing weight the way we we'd shared, friends-of-friends began asking for our secrets.

That's when we sat down and got to work writing out what we had learned, the foods we ate, and the nutritional concepts we'd uncovered.

A Note From The Authors of The Low Carb High Fat Diet:

We performed most of our research online (from reputable sources), read the most popular diet books, contemplated how it could fit into busy lives, and then added a dash of common sense.

You can do all of that for yourself (and save the cost of buying a book), but doing so might take months.

This "Low Carb High Fat No Hunger Diet" is essentially a Ketogenic hybrid created from necessity. We feel it is the best of the top three diets, with the most wretched parts left behind.

Here's what we have heard from friends, family and new social connections:

Nearly effortless weight loss; no hunger; results in the first few days; lasting results; and better than average results.

We are trying to compile the success stories, but in all honesty we are so busy communicating with our readers that we haven't had much time to do so. We do hope you will join us through the links in the book or through any social network!

What's In The Book?

You'll learn how to contact us personally and see the website we are building to support new friends and family with more nutrition information, new research, and the state of our food supply. We would be honored to connect with you there.

The book is 240 pages but it won't take up much of your time. You can start your weight loss journey with the "10 Step Quick Start" and peruse the rest when you have time.

- 75+ easy recipes
- sample meal ideas
- sample menu plans and grocery lists
- lists of common foods and their net carb value
- the science behind the diet
- foods, cooking methods, and ingredients to avoid
- 10-step quick start
- and much, much more.

We hope to hear your Low Carb High Fat weight loss success story soon!

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From reader reviews:

Christian Fowler:

Book is to be different per grade. Book for children until adult are different content. As you may know that book is very important for people. The book Low Carb High Fat No Hunger Diet: Lose Weight With A Ketogenic Hybrid had been making you to know about other knowledge and of course you can take more information. It is quite advantages for you. The reserve Low Carb High Fat No Hunger Diet: Lose Weight With A Ketogenic Hybrid is not only giving you considerably more new information but also to get your friend when you feel bored. You can spend your personal spend time to read your publication. Try to make relationship using the book Low Carb High Fat No Hunger Diet: Lose Weight With A Ketogenic Hybrid. You never truly feel lose out for everything should you read some books.

Rocky Melvin:

Reading can called mind hangout, why? Because when you find yourself reading a book mainly book entitled Low Carb High Fat No Hunger Diet: Lose Weight With A Ketogenic Hybrid the mind will drift away trough every dimension, wandering in each and every aspect that maybe not known for but surely can be your mind friends. Imaging every word written in a reserve then become one web form conclusion and explanation that maybe you never get before. The Low Carb High Fat No Hunger Diet: Lose Weight With A Ketogenic Hybrid giving you a different experience more than blown away your thoughts but also giving you useful data for your better life with this era. So now let us demonstrate the relaxing pattern the following is your body and mind will likely be pleased when you are finished looking at it, like winning a. Do you want to try this extraordinary spending spare time activity?

Johnny Grady:

In this period of time globalization it is important to someone to get information. The information will make anyone to understand the condition of the world. The health of the world makes the information quicker to share. You can find a lot of referrals to get information example: internet, magazine, book, and soon. You will see that now, a lot of publisher that will print many kinds of book. Typically the book that recommended to your account is Low Carb High Fat No Hunger Diet: Lose Weight With A Ketogenic Hybrid this guide consist a lot of the information of the condition of this world now. That book was represented how does the world has grown up. The language styles that writer use for explain it is easy to understand. Often the writer made some investigation when he makes this book. That's why this book suitable all of you.

Claudia Butler:

Guide is one of source of expertise. We can add our knowledge from it. Not only for students and also native or citizen need book to know the upgrade information of year for you to year. As we know those books have many advantages. Beside we all add our knowledge, also can bring us to around the world. From the book Low Carb High Fat No Hunger Diet: Lose Weight With A Ketogenic Hybrid we can get more advantage.

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