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Starch Solution: Change Your Carbs, Change Your Life, The Foods for Your Health and Weight Loss

Sabella Smith

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This book “Starch Solution: Change Your Carbs, Change Your Life The Foods for Your Health and Weight Loss” is not just another treatise on how eating resistant starch can help you, but will give you an in depth understanding of exactly what resistant starches are, where they come from, how they are broken down and how they are used by the body to keep you healthy and happy. This book goes beyond the conventional informational thesis to providing you with a detailed explanation of what carbohydrates are and how they work, as well as what fiber is, what starch is, the difference between fiber and starch, what resistant starches are, where you can get resistant starches and finally how you can put all of that knowledge to work to create a diet that is rich in resistant starch today. starch solution, IBS Diet, starch diet, starch based diet, low carb diet, low carb high fat, weight loss low carb, starch solution, IBS Diet, starch diet, starch based diet, low carb diet, low carb high fat, weight loss low carb, starch free diet, starch solution cookbook, ibs free, ibs cookbook, ibs recipes

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