

Download Carbophobia The Scary Truth About Americas Low Carb Craze

Everywhere you go these days, it seems, the Atkins "A" can be found. In the first six months of 2004, no fewer than 1,864 new "low-carb" products were launched—everything from low-carb pasta to low-carb gummy bears. Yet warnings from medical authorities continue to pour in. The American Dietetic Association—the largest

Carbophobia: The Scary Truth About America's Low-carb Craze [Michael Greger] on Amazon.com.
FREE shipping on qualifying offers. Everywhere you go these days, it seems, the Atkins A can be found. In the first six months of 2004, no fewer than 1Draws together decades of research to decisively debunk the purported "science" behind the low-carb claims. Carbophobia documents just how ineffective the Atkins Diet and other low-carb plans have been in producing sustainable weight loss, and lists the known hazards inherent to the diet.**CARBOPHOBIA: The Scary Truth About America's Low-Carb Craze Michael Greger. Lantern, \$12 paper (176p) ISBN 1-59056-086-8** Vegetarian nutrition specialist Greger dedicates this goal-oriented volume to discrediting the effectiveness and healthfulness of low-carbohydrate diets, especially the ubiquitous Atkins Diet.