



Living Low Carb: Controlled-Carbohydrate Eating for Long-Term Weight Loss

Jonny Bowden PhD CNS

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The best low-carb guide just got better. Nationally known nutrition expert Jonny Bowden's bestselling low-carbohydrate eating plan is now both more flexible and more effective at fighting appetite cravings. This updated edition of *Living Low Carb* explores the many scientific discoveries made in the last five years about brain chemistry, appetite, cravings, carbs, and sugar addiction. With refreshing candor, Bowden evaluates all the low-carb programs in light of the latest scientific research, including the Dukan Diet, the Low GI Diet, and the Ultimate New York Diet, showing you how to customize your own healthy plan for long-term weight loss and optimal well-being.

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