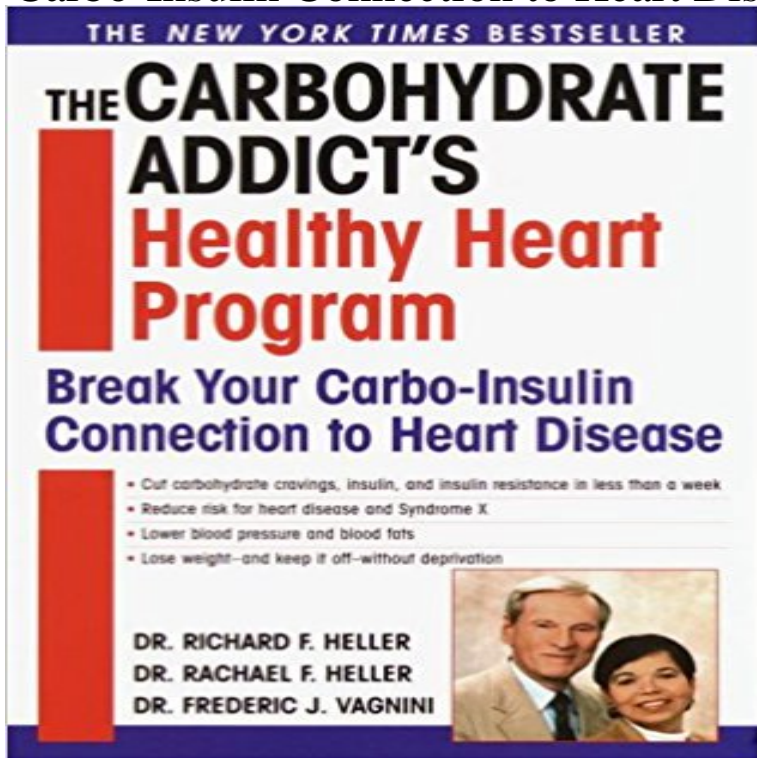


The Carbohydrate Addicts Healthy Heart Program: Break Your Carbo-Insulin Connection to Heart Disease



Compatible with the American Heart Association guidelines, The Carbohydrate Addicts Healthy Heart Program is a carb-smart plan designed to correct the cause of your carbohydrate cravings and weight gain while cutting your risk for high blood pressure, high blood fat levels, adult-onset diabetes, and heart disease--without sacrifice and without deprivation!

WITNESS THE AMAZING RESULTS FROM THE CARBOHYDRATE ADDICTS HEALTHY HEART PROGRAM

DR. RACHAEL F. HELLER [show before and after photos of Dr. Heller]

BEFORE AFTER
BLOOD PRESSURE: 220/120 110/70
TOTAL CHOLESTEROL: 250 178
TRIGLYCERIDES: 385 98
BLOOD SUGAR: DIABETIC NORMAL
WEIGHT: 300+ lbs. 138 lbs.
HEART RISK RATIO: HIGH RISK LOW RISK

Are you a carbohydrate addict at risk for heart disease? Take this quiz and find out.

1. After eating breakfast, are you hungry before lunchtime?
2. Do you get tired in the middle of the afternoon and find that a snack makes you feel better?
3. Do you eat or snack when you're really not hungry?
4. Once you start eating snack foods or sweets, is it hard to stop?
5. Does stress, exhaustion, loneliness, or boredom make you want to eat?
6. Have you been told that you're overweight or have high blood pressure or adult-onset diabetes? Or do any of these disorders run in your family?

SCORING: COUNT YOUR YES ANSWERS:

0-1 PROBABLY NOT CARBOHYDRATE ADDICTED
 2-4 MILD OR MODERATE CARBOHYDRATE ADDICTION
 5-6 SEVERELY CARBOHYDRATE ADDICTED

Heart Program: Break Your Carbo-Insulin Connection to Heart Disease. New York: Ballantine Books, 2000. **The Carbohydrate Addicts Healthy Heart Program by Richard** The carbohydrate addicts diet is an eating plan that emphasizes foods low in carbohydrates (carbs). Insulin resistance is often found with other health problems, including . The Carbohydrate Addicts Healthy Heart Program: Break Your Carbo-Insulin Connection to Heart Disease New York: Ballantine Books, 2000. **Customer Reviews: The Carbohydrate Addicts Healthy Heart** Nov 28, 2000 The Paperback of the The Carbohydrate Addicts Healthy Heart Program: Break Your Carbo-Insulin Connection to Heart Disease by Richard **Buy The Carbohydrate Addicts Healthy Heart Program: Break Your** If you are addicted to carbohydrates, your body reacts to starches, snack foods, junk food, You need a program that corrects the cause of your cravings and weight gain and Break Your Carbo-Insulin Connection A revolutionary and livable approach to heart disease prevention and heart health promotion designed **The Carbohydrate Addicts Healthy Heart Program: Break Your** Aug 1, 2016 Reads The Carbohydrate Addict s Healthy Heart Program: Break Your Carbo-Insulin Connection to Heart Disease New E-Books. more. **Help for Carbohydrate Addicts, Books by Drs. Richard & Rachael** The Carbohydrate Addicts Healthy Heart Program: Break Your Carbo-Insulin Connection to Heart Disease. 4.5 von 5 It is not for the healthy eater who may enjoy second helpings of pasta but isnt compulsive or excessive about eating carbs. **Audiobook The Carbohydrate Addict s Healthy Heart Program** The carbohydrate addicts healthy heart program : break your carbo-insulin fat levels, adult-onset diabetes, and heart disease--without sacrifice and without **The Carbohydrate Addicts Healthy Heart Program: Break Your** The Carbohydrate Addicts Healthy Heart Program: Break Your Carbo-Insulin Connection to Heart Disease. Frederic J. Vagnini, Joint Author, Rachael F. 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