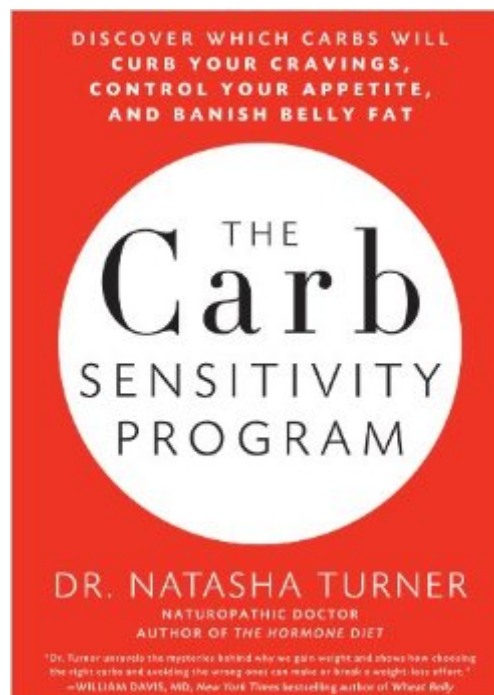


The book was found

# The Carb Sensitivity Program: Discover Which Carbs Will Curb Your Cravings, Control Your Appetite, And Banish Belly Fat



## Synopsis

A no-carb diet may lead to weight lossâ•at firstâ•but ultimately this approach fails for most people. Why? Because it's not sustainable, and since nothing has been done to improve carb tolerance, once carbs are introduced people experience bloating, cravings, and rebound weight gain, plus another 5 to 10 pounds. The vast majority of us have different degrees of sensitivity to carbohydrates without realizing it. For some people, healthy carbs such as carrots, black beans, and quinoa are what's making them fat! The Carb Sensitivity Program by Natasha Turner, ND is more than a diet. It's a personalized carb rehab plan that helps readers identify the types of carbs that work best with their bodies, remove the ones they're sensitive to, and repair their metabolisms so they can safely eat those carbs again. The result: more energy, better health, and a slimmer bodyâ•for life.

## Book Information

Paperback: 480 pages

Publisher: Rodale Books; 1st edition (August 13, 2013)

Language: English

ISBN-10: 1623360293

ISBN-13: 978-1623360290

Product Dimensions: 6 x 1.2 x 8.5 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 starsÂ• See all reviewsÂ• (49 customer reviews)

Best Sellers Rank: #363,333 in Books (See Top 100 in Books) #309 inÂ• Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb #2513 inÂ• Books > Health, Fitness & Dieting > Nutrition #3522 inÂ• Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

## Customer Reviews

Trust me, I've read them all, just like you and I was still searching for answers of why I can not lose weight, but NO more searching. Fianlly someone has answers to why, no matter what I do, nothing changes! And it's not like I haven't tried and tried, for years. "The Dukan Diet", 18 months ago began my search for solutions. Many books written about low carb diets, and addresses the difficulty that many are experiencing with trying to get to a healthy weight, but few books provide 'doable' solutions. This book is different, for many reasons. First, Dr. Turner is a knowledgeable author with a real grasp of a nationwide epidemic regarding carb intolerance. Everything you'd ever want to know about carbs, insulin resistance, hormone imbalance, cell resistance to insulin, and

inflammation is covered in great detail in this book, and is very easy to understand. If only the solution would be as easy. That's my next point: The author provides easy to follow steps for individuals, at different stages of intolerance; so everyone whom reads this, can get their own step by step program towards a solution to properly behaving cells that process insulin how your body's meant to. Third: The recipes included (like 19 protein/smoothie recipes) are easy to prepare, using readily available/normal ingredients. They all sound delicious! Here's the difference, when my last book "The Plan" got to the recipe section, I totally lost interest! The recipes were just too weird! I had no intention to try any of them .....and that's when I began my search again. I saw Dr. Turner on the Dr. OZ Show, and decided to try yet another book. I can't wait to start on this plan! but I want to read the entire book, first. Just can not find time quickly enough to finish up!

[Download to continue reading...](#)

The Carb Sensitivity Program: Discover Which Carbs Will Curb Your Cravings, Control Your Appetite, and Banish Belly Fat  
Belly Fat: Blowout Belly Fat Clean Eating Guide to Lose Belly Fat  
Fast No Diet Healthy Eating (Eating Clean, Healthy Living, Gluten, Wheat Free, Low Fat, Grain Free Diet, Detox) (Live Fit Book 1)  
Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free)  
Belly Fat Diet Book [Second Edition]: Your Path to a True Belly Fat Cure, and Staying Belly Fat Free for Life  
Low carb cookbook: 35 delicious snack recipes for weight loss. Low carb cooking, low carb diet, low carbohydrate, low carb recipes, low carb, low carb ... low carb cooking, weight loss Book 1)  
Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1)  
Low Carb Diet - Top 200 Low Carb Recipes Cookbook: (Low Carb, Budget Cookbook, Low Carb Diet, Low Carb Recipes, Atkins Diet, Low Carb Slow Cooker Recipes, Low Carb Living)  
Low Carb Diet: Burn Fat! Discover Delicious Recipes! And Lose Weight FAST! (Gluten Free Diet, Candida, Atkins Diet, Celiac, Fibromyalgia, Diabetes, Cancer, ... Belly, Grain, Brain, Epilepsy, Belly Fat)  
Low Carb Diet Book Collection: 90 Amazing Recipes - Low Carb Casseroles, Low Carb Soups, Low Carb Fat Bombs and Low Carb Ice Cream: (Fat Bomb Recipes, ... healthy eating recipes, ketogenic desserts)  
Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet)  
Zero Belly Fat: Smoothies, Juices, Salads and Many Other Healthy Recipes to Lose Weight and Maintain Flat Belly (Weight Loss, Zero Belly Diet, Flat Belly Diet, Healthy Diet)  
Low Carb Diet: 15 Healthy And Delicious Low Carb Salads To Lose Weight Fast: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb ... Ketogenic Diet to

Overcome Belly Fat) Low Carb Freezer Meals: 26 Make-Ahead Low Carb Freezer Meals: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb Casseroles: 21 Super Satisfying Low Carb Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb Diet BOX SET 3 IN 1: 30 Low Carb Snacks + 21 Low Carb Casseroles + 20 Low Carb Soups: (low carbohydrate, high protein, low carbohydrate foods, ... Ketogenic Diet to Overcome Belly Fat) Low Carb Ice Cream: 21 Great Low Carb Sugar Free Ice Cream Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... Ketogenic Diet to Overcome Belly Fat) Fasting: The Intermittent Fasting Bible: Intermittent Fasting - Flexible Diet & Carb Cycling (Belly Fat, Ketogenic, High Carb, Slow Carb, Testosterone, Lean Gains, Carb Cycling) Low Carb BOX SET 4 IN 1: 100 Best Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... low carb lunches, low carb dinners,) Low Carb: Low Carb Diet For Beginners. How To Lose 10 Pounds in 10 Days: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... diet for dummies, low carb high fat diet,) Low Carb Mexican Recipes: 25 Of Your Favorite Mexican Recipes Made Low Carb!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low ... Ketogenic Diet to Overcome Belly Fat)

[Dmca](#)