



Low Carb High Fat No Hunger Diet: Lose Weight With A Ketogenic Hybrid

Veronica Childs, Laura Childs

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Lose Weight with the Low Carb High Fat, No Hunger Diet

Update: At 50 years old, Laura Childs has lost over 50 pounds. Collectively the authors have lost over 100 pounds at the time of this update.

What if we told you that you can lose a considerable amount of weight before you have to put on that bridesmaid dress next month? In time for your vacation? Or drop enough weight in the first 10 weeks to fit back into your high school jeans - just in time for that high school reunion? (One of the Low Carb High Fat Diet authors did it, you can too!)

Does that sound like something you'd like to achieve?

"To date this mother and daughter team - aged 50 and 20 at the time of writing - have collectively lost 115 pounds without hunger and without exercising. Furthermore they make themselves available by email and social networks to help you do the same!"

What if you don't have to count every calorie, buy specialty foods, or feel incessantly hungry while losing weight?

We aren't trying to convince you that this is the Holy Grail of weight loss. We cannot say that it works for everyone. However, after nine months of sharing these diet principles with over 5,000 readers we note an 80-85% success rate.

Here's how this began:

We were sick of being large and unhappy. Tired of being tired. Fed up with our lack of confidence.

Mom had already received a worrisome report from her doctor after her physical and blood work check up.

Individually we studied diets, nutrition reports, research studies, and listened to other dieter's feedback. Then we got to work comparing notes and creating our own diet; one we thought we could enjoy and stick with.

And work it did! Following just a few simple guidelines we ate our fill of our favorite foods. We cut out a few others.

Friends, family and our doctor took notice. They asked us to share more information about the diet.

At first we shared recipes, but people wanted more. We answered private messages, personal emails, and the multitude of questions asked of us in public. When a few friends started losing weight the way we we'd shared, friends-of-friends began asking for our secrets.

That's when we sat down and got to work writing out what we had learned, the foods we ate, and the nutritional concepts we'd uncovered.

A Note From The Authors of The Low Carb High Fat Diet:

We performed most of our research online (from reputable sources), read the most popular diet books, contemplated how it could fit into busy lives, and then added a dash of common sense.

You can do all of that for yourself (and save the cost of buying a book), but doing so might take months.

This "Low Carb High Fat No Hunger Diet" is essentially a Ketogenic hybrid created from necessity. We feel it is the best of the top three diets, with the most wretched parts left behind.

Here's what we have heard from friends, family and new social connections:

Nearly effortless weight loss; no hunger; results in the first few days; lasting results; and better than average results.

We are trying to compile the success stories, but in all honesty we are so busy communicating with our readers that we haven't had much time to do so. We do hope you will join us through the links in the book or through any social network!

What's In The Book?

You'll learn how to contact us personally and see the website we are building to support new friends and family with more nutrition information, new research, and the state of our food supply. We would be honored to connect with you there.

The book is 240 pages but it won't take up much of your time. You can start your weight loss journey with the "10 Step Quick Start" and peruse the rest when you have time.

- 75+ easy recipes
- sample meal ideas
- sample menu plans and grocery lists
- lists of common foods and their net carb value
- the science behind the diet
- foods, cooking methods, and ingredients to avoid
- 10-step quick start
- and much, much more.

We hope to hear your Low Carb High Fat weight loss success story soon!

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From reader reviews:

Frankie Graybill:

Here thing why this specific Low Carb High Fat No Hunger Diet: Lose Weight With A Ketogenic Hybrid are different and reliable to be yours. First of all examining a book is good nonetheless it depends in the content of the usb ports which is the content is as delightful as food or not. Low Carb High Fat No Hunger Diet: Lose Weight With A Ketogenic Hybrid giving you information deeper as different ways, you can find any guide out there but there is no book that similar with Low Carb High Fat No Hunger Diet: Lose Weight With A Ketogenic Hybrid. It gives you thrill studying journey, its open up your current eyes about the thing this happened in the world which is possibly can be happened around you. You can actually bring everywhere like in area, café, or even in your method home by train. For anyone who is having difficulties in bringing the published book maybe the form of Low Carb High Fat No Hunger Diet: Lose Weight With A Ketogenic Hybrid in e-book can be your alternative.

Scott Bourquin:

Now a day people who Living in the era just where everything reachable by connect to the internet and the resources included can be true or not involve people to be aware of each facts they get. How many people to be smart in getting any information nowadays? Of course the answer then is reading a book. Studying a book can help folks out of this uncertainty Information especially this Low Carb High Fat No Hunger Diet: Lose Weight With A Ketogenic Hybrid book as this book offers you rich info and knowledge. Of course the info in this book hundred per-cent guarantees there is no doubt in it as you know.

Patrick Leon:

This Low Carb High Fat No Hunger Diet: Lose Weight With A Ketogenic Hybrid is great e-book for you because the content which can be full of information for you who have always deal with world and also have to make decision every minute. This kind of book reveal it facts accurately using great manage word or we can claim no rambling sentences inside. So if you are read the item hurriedly you can have whole facts in it. Doesn't mean it only gives you straight forward sentences but tricky core information with attractive delivering sentences. Having Low Carb High Fat No Hunger Diet: Lose Weight With A Ketogenic Hybrid in your hand like keeping the world in your arm, data in it is not ridiculous just one. We can say that no e-book that offer you world within ten or fifteen moment right but this publication already do that. So , this can be good reading book. Hi Mr. and Mrs. occupied do you still doubt in which?

Adam Blandford:

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mingle the opinion about book and studying especially. It is to be very first opinion for you to like to available a book and study it. Beside that the publication Low Carb High Fat No Hunger Diet: Lose Weight With A Ketogenic Hybrid can to be your new friend when you're sense alone and confuse in doing what must you're doing of this time.

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