



Carb Cycling: The Ultimate Beginners Guide to Carb Cycling for Fat Loss (Paperback)

By M Thompson

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.A layman s introduction to reducing body fat while improving muscle tone, The Ultimate Beginners Guide to Carb Cycling for Fat Loss exposes the novice dieter to one of the more popular and successful trends for successful fat loss and muscle tone enhancement. A dieting technique developed by professional body builders, carb cycling for fat loss is a dietary approach now available for everyone, and this book takes you through everything you ll need to know to begin your own carb cycling program. We explore how manipulating the quantity and quality of carbohydrates you consume can affect your body and alter the way it burns energy, allowing even an inexperienced dieter to enjoy the benefits of body fat loss and improved muscle tone. Looking at a relatively new and complex diet philosophy of carb cycling for fat loss, we translate a complex dietary approach into an easily understandable language that any potential dieter can grasp quickly.



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