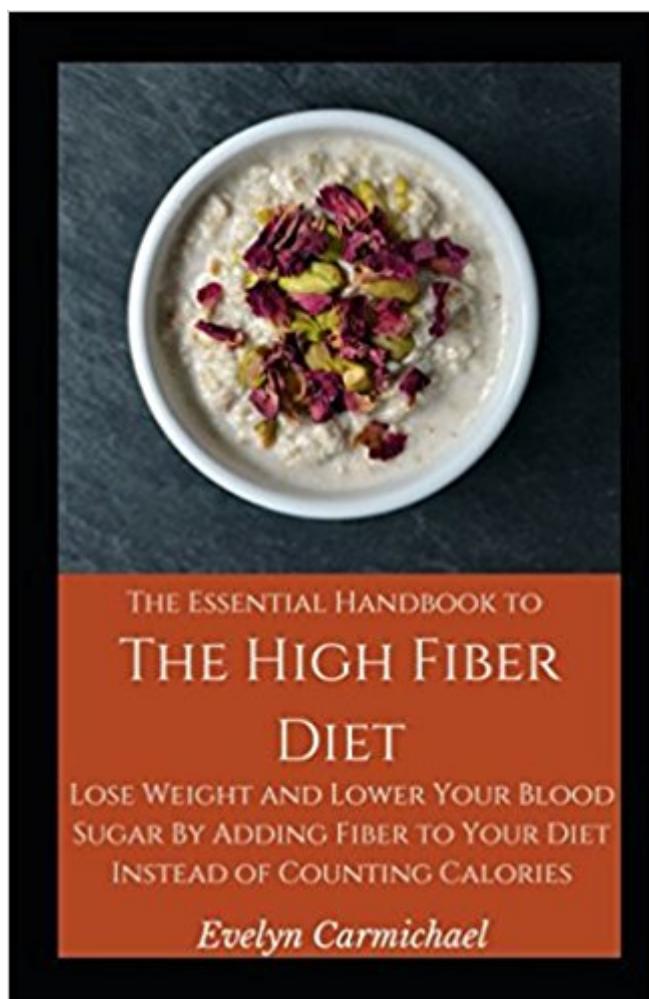


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The Essential Handbook To The High Fiber Diet: Lose Weight And Lower Your Blood Sugar By Adding Fiber To Your Diet Instead Of Counting Calories





Synopsis

Find out how Fiber can help you lose weight, lower your cholesterol, and reduce your blood sugar levels without counting calories! Losing weight is something that many people struggle with. We have been told so many times that they have to make changes to their lifestyle that they know they cannot stick to. We have been told that we are going to have to eat foods that they hate, never enjoy the foods that we love again, and spend all of their time exercising. We have been taught wrong. Studies have proven that simply by adding more fiber to your diet, you can lose weight without restricting calories or forgoing food groups. By following the information in this book, you will learn how to make fiber a standard part of your diet. In this book, you will learn: How making one small change to your diet can ensure you are able to lose weight without restricting the foods you eat or spending all of your time exercising. Charts depicting high fiber foods High Fiber recipes with pictures A complete chapter of high fiber desserts with pictures How you can ensure that you are able to eat all of the foods that you love every day while decreasing your weight and lowering your blood sugar. How to ensure that you are losing weight, while never counting calories, adding up points, starving, or feeling left out at parties, get-togethers, or office lunches. Pick up your copy of this book today and get rid of all your fad diets and never count calories again!

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