



Lose Weight with LCHF: (Rated PG Edition)

Eric Ahlswede

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What is LCHF?

LCHF stands for Low-Carbohydrate-High-Fat. Eating LCHF means you eat saturated fats instead of eating carbohydrates. LCHF is not a traditional diet. With LCHF, you may eat as much as you like, anytime you like.

What's in this book?

This amusing and informative book contains LCHF solutions towards lower weight, better health, higher energy and clearer thinking. This book also contains the science behind LCHF, the origin of LCHF, the health benefits gained by LCHF and the health problems avoided with LCHF. There are two editions of this book, a "Rated G Edition" and a "Rated PG Edition." Both editions contain identical LCHF explanations. However, the "Rated PG Edition" does contain some adult-language.

Who will benefit from LCHF?

If you're overweight, LCHF will help you lose weight. If you have high blood sugar, LCHF will help you lower it. If your cholesterol is bad, LCHF will help you raise your good-cholesterol and lower your bad-cholesterol. If you're tired, LCHF will help you raise your energy. If you smoke, LCHF will help you lower your risk of heart disease. LCHF benefits everyone.

Is LCHF difficult?

Now the best part. LCHF is easy. You don't have to starve and you don't have to exercise. With LCHF, you'll lose weight and improve your health just by eating the right foods and not eating the wrong foods. This book will change your life.

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Sheldon Downs:

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Justin Perry:

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