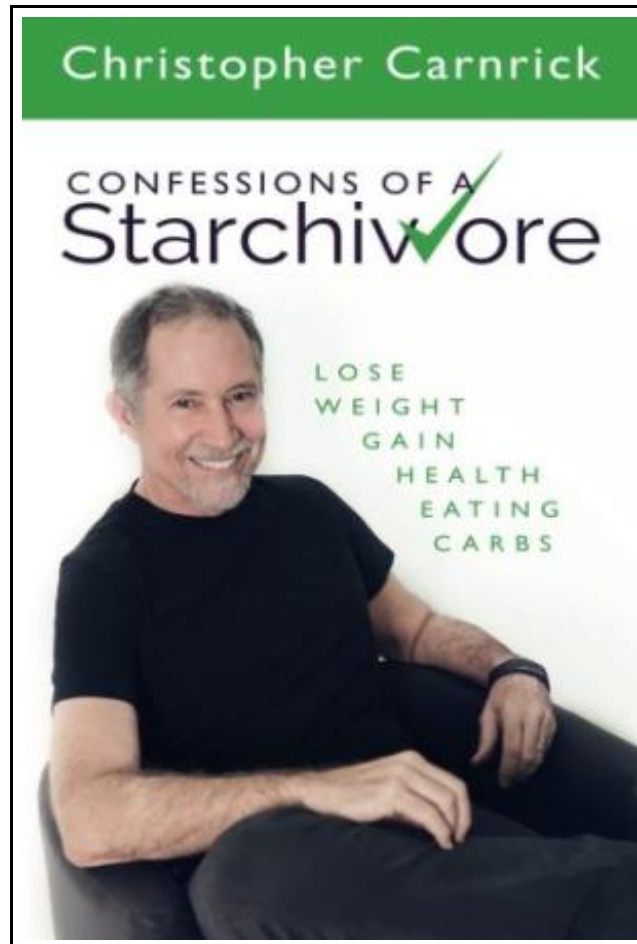


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On Demand Publishing, LLC-Create Space, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Lifetime of the battle of the bulge, Christopher Carnrick learns how to lose weight and gain health, through eating healthy carbs. From Atkins to Zone, fear of the almighty carb has taken over the diet industry for the past few decades-even the mere mention of a starch-heavy food is enough to trigger an avalanche of shame and longing. But the truth is, it isn't YOU it is the FOOD! Christopher proves that a starch-rich diet can actually help readers lose weight, prevent a variety of ills, and even cure common diseases. By fueling the body primarily with carbohydrates rather than proteins and fats, readers will feel satisfied, boost energy, and look and feel their best. Confession of a Starchivore will help readers shed pounds, improve their health, save money, and change their lives.

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