



The Carbohydrate Addict's Lifespan Program: Personalized Plan for bcmg Slim Fit Healthy your 40s 50s 60s Beyond

Dr. Rachael F. Heller, Dr. Richard F. Heller

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Millions of maturing Americans face increasing weight levels and failing health, although they eat no more than they did when they were younger. Drs. Richard and Rachael Heller have found the post-forty-year-old's "slowing metabolism" often stems from changes in insulin balance which decrease its ability to burn food energy and increase its ability to turn food energy into fat. Drawing from their breakthrough research into the carbohydrate-insulin connection to excess weight and poor health, the Hellers offer readers a comprehensive, straightforward program for people over forty, including:

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