

Download Carbophobia The Scary Truth About Americas Low Carb Craze

Carbophobia: The Scary Truth About America's Low-carb Craze [Michael Greger] on Amazon.com. *FREE* shipping on qualifying offers. Everywhere you go these days, it seems, the Atkins A can be found. In the first six months of 2004, no fewer than 1

Carbophobia: The Scary Truth about America's Low-Carb Craze. Everywhere you go these days, it seems, the Atkins "A" can be found. In the first six months of 2004, no fewer than 1,864 new "low-carb" products were launched—everything from low-carb pasta to low-carb gummy bears. Yet warnings from medical authorities continue to pour in. Carbophobia: The Scary Truth about America's Low-Carb Craze. Carbophobia documents just how ineffective the Atkins Diet and other low-carb plans have been in producing sustainable weight loss, and lists the known hazards inherent to the diet. This is not a case of academic "he said/she said.". It is a case of major food industr. 'Carbophobia, The Scary Truth About America's Low-Carbohydrate Diet Craze' is an exposé of the wide spread low-carbohydrate diet craze led by Dr. Atkins. Author Dr. Michael Greger is a crusader who writes and speaks expertly and eloquently about plant-based nutrition.