

**THE GOOD CARB COOKBOOK: SECRETS OF EATING
LOW ON THE GLYCEMIC INDEX**

Evon Flicker

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This worked; I reduced my weight, blood sugar, and blood pressure. Choosing a balance of foods that are low on the GI will speed weight loss and control diabetes, insulin resistance, and cardiovascular disease.

SofarIhavecreatedthreerecipesthatwerewiththe7and9yearoldandth
The introduction to the book is quite long, and packed with extremely useful information; I've come back to it time and again to understand the concept of low-carb or no-carb eating. I hope you all run out and get this book. YoucanfinditinthefrozenfoodsectionofsomeSuperMarketsandHealthFood
Grain Brain Cookbook.