



The Carb Sensitivity Program: Discover Which Carbs Will Curb Your Cravings, Control Your Appetite, and Banish Belly Fat

Natasha Turner

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A no-carb diet may lead to weight loss--at first--but ultimately this approach fails for most people. Why? Because it's not sustainable, and since nothing has been done to improve carb tolerance, once carbs are introduced people experience bloating, cravings, and rebound weight gain, *plus* another 5 to 10 pounds. The vast majority of us have different degrees of sensitivity to carbohydrates without realizing it. For some people, healthy carbs such as carrots, black beans, and quinoa are what's making them fat! *The Carb Sensitivity Program* is more than a diet. It's a personalized carb rehab plan that helps readers identify the types of carbs that work best with their bodies, remove the ones they're sensitive to, and repair their metabolisms so they can safely eat those carbs again. The result: more energy, better health, and a slimmer body--for life.

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