



The Blood Sugar Diet: The Truth About Why We Get Fat

By Craig Beck

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For more than four decades the food industry has insisted that our growing waistbands were the result of our over consumption of fatty food and lack of exercise. We have been told to stop being lazy, eat 'low fat' and drink diet soda and yet despite following this advice the western world continues to get fatter and fatter!

Over of half of the women in America are on a diet and most of us feel like we have spent our entire adult life struggling to keep our weight down. The shocking discovery you are about to make is this is not our fault.

The tasteless diet versions of our favorite foods, that we have been encouraged to eat not only doesn't help lose weight but it does the exact opposite:

The truth about why we get fat:

- Diet soda makes you fat
- Low fat meals make you fat
- 'Healthy' low calories breakfast cereal makes you fat
- Brown bread, brown rice and many of the other foods branded 'healthier' are also making you fat.

Bio-Hacker Craig Beck took over 2000 separate blood tests to monitor the effects of food on his body and weight. The results will change your life and show you how to lose weight rapidly with no hunger, cravings or boring 'diet food'

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