



# The Carbohydrate Addict's Diet: The Lifelong Solution to Yo-Yo Dieting (Signet)

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

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**\* After eating a full breakfast, are you hungrier before it's time for lunch, than you would be if you only had time for a cup of coffee?**

\* Do you have a hard time stopping once you start to eat bread, pasta, or sweets?

\* Do you have a tendency to gain weight easily, or if you lose weight, to gain it back again?

If you answered yes to one or more of these questions, you may not be experiencing a lack of willpower but rather a physical addiction to carbohydrates--a compelling or recurring craving for starches, snack foods, or sweets. Now, Drs. Richard and Rachael Heller of the Mount Sinai School of Medicine in New York have discovered a revolutionary new diet that eliminates the cravings and helps you to overcome the yo-yo syndrome--permanently--without deprivation. based on the Hellers' nine years of research, thousands of case studies, and their own personal victories over cravings and weight (maintaining a 200 pound loss between them!), this healthful, unique diet features a pleasurable way that adapts to your lifestyle and does away with measuring, food exchanges and calorie counting. A daily Reward Meal, along with wholesome, balanced Complementary Meals, fit easily into busy schedules, restaraunt meals, holiday celebrations, and vacations.

Filled with sound advice and effective strategies--including wonderful recipes and menu plans--this groundbreaking book helps eliminate carbohydrate cravings and puts you in control of your eating and your weight--for life.

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