



The Good Carbohydrate Revolution: A Proven Program for Low-Maintenance Weight Loss and Optimum Health

Dr. Terry Shintani

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Forget everything you've learned about low-carb and carb-free diets!

A SCIENTIFICALLY PROVEN BREAKTHROUGH IN NUTRITIONAL WEIGHT-LOSS RESEARCH THAT CAN HELP YOU TO LOSE WEIGHT AND CONTROL YOUR BLOOD SUGAR LEVELS BY EATING *MORE* OF THE *RIGHT* KIND OF CARBOHYDRATES.

In his bestselling book *The HawaiiDiet™*, Dr. Terry Shintani showed readers how they could eat nearly twice as much food as they usually do and still lose weight. Now, as a much-needed voice of reason amid today's clamor of weight-loss programs that eliminate carbohydrates from the diet in favor of protein-only foods, Dr. Shintani returns with a revolutionary approach to weight-maintenance and total-body health. Here, you'll learn how to:

- **Identify the "good" carbohydrates**, from whole-grain pasta and pita bread to sweet potatoes and brown rice, as well as an array of vitamin-rich fruits and vegetables
- **Lower your cholesterol and blood pressure**, and control your blood sugar levels to help prevent the onset of osteoporosis, cancer, stroke, and other serious illnesses
- **Design a delicious, affordable 21-day meal plan** to get you started on the path toward weight loss and total-body wellness

...and much more. Whether you're seeking permanent weight loss, lower cholesterol, or a crash-course in good nutrition, *The Good Carbohydrate Revolution* promises to make eating well -- and staying well -- easier to achieve than ever before.

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