



The Carb Cycling Diet: From Low-Carb to Normal-Carb Days, Boost Your Metabolism to Lose Weight and Look Great

Roman Malkov

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THE CARB-CYCLING DIET

Optimize your health, lose weight, feel great---without giving up the foods you love!

Boost your metabolism, burn fat, and turn back the hands of time with the real-life answer to Atkins and South Beach—now in paperback.

A physician and exercise physiologist specializing in sports medicine nutrition, Dr. Roman Malkov saw many of his clients struggle on low-carb diets like Atkins and South Beach. By studying the body's mechanisms for storing fat and processing carbs and observing the diet and exercise habits of the Olympic athletes he trained, he developed *The Carb Cycling Diet*.

A simple program, *The Carb Cycling Diet* follows four basic precepts:

1. Most fat deposition takes place in the first few minutes of eating refined carbs.
2. You must alternate between normal-carb and limited-carb days.
3. On normal-carb days, limit fat consumption and perform circuit-training (if possible).
4. On limited-carb days, perform interval training (if possible).

The book includes easy recipes and meal plans, exercises and workout programs, and motivational tips to make sure you follow the course. Easily adaptable to anyone's lifestyle, *The Carb Cycling Diet* is a groundbreaking, sustainable, scientifically based diet to build muscle, lose fat, and stay healthy for life.

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Irene Holmes:

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Lauren Allison:

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Alice Ressler:

What is your hobby? Have you heard in which question when you got scholars? We believe that that query was given by teacher on their students. Many kinds of hobby, Every person has different hobby. Therefore you know that little person just like reading or as reading through become their hobby. You need to understand that reading is very important along with book as to be the matter. Book is important thing to

provide you knowledge, except your current teacher or lecturer. You see good news or update in relation to something by book. Numerous books that can you go onto be your object. One of them are these claims The Carb Cycling Diet: From Low-Carb to Normal-Carb Days, Boost Your Metabolism to Lose Weight and Look Great.

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