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## Carb Cycling - Chris Smith: Ultimate Carb Cycling Guide! Quickly Lose Fat, Preserve Muscle Mass, and Build Self Confidence with Sustainable Fat Loss Carb Cycling Diet Tips and Strategies That Work Fast! (Paperback)

By Chris Smith

Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. CARB CYCLING ULTIMATE GUIDE TO QUICKLY LOSE FAT! This Carb Cycling book contains proven steps and strategies on how to plan your own carb cycling diet with explanations of the concept, the science behind it, and several food recommendations. Today only, get this Amazing Amazon book for this incredibly discounted price! Have you heard of cyclic ketogenic diet? No? Well, that isn't a bad thing. You probably already know about it, more popularly known as carb cycling. To keep one's body fit, there are a lot of things to consider. One of those is attaining an ideal weight. If you already have an ideal weight, then it's just a matter of maintaining it. If you're overweight, then you have to reduce weight. If you're underweight, then you should gain weight. But you shouldn't just stop with the numbers you see on the weighing scale. Your body's composition is also important. When losing or gaining weight, you must be sure that you are losing fat and gaining muscle. Two things play the greatest part here: diet and physical activity. Weight is...



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