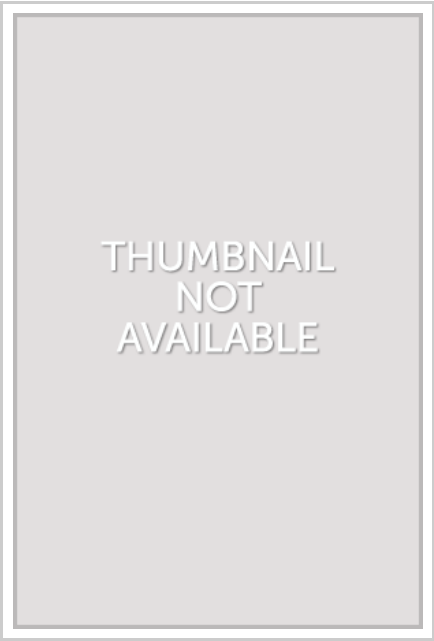


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The Addictocarb Diet: Avoid the 9 Highly Addictive Carbs While Eating Anything Else You Want

By Kenneth Paul Rosenberg

BenBella Books. Hardback. Book Condition: new. BRAND NEW, The Addictocarb Diet: Avoid the 9 Highly Addictive Carbs While Eating Anything Else You Want, Kenneth Paul Rosenberg, There's a reason diets don't work. Science has shown that a class of carbohydrates, called "Addictocarbs," light up the brain's pleasure and addiction centers and make it almost impossible to eat them in moderation. If you've experienced overwhelming, irresistible cravings for things like bread, cookies, soda, or potatoes, then you've encountered these Addictocarbs firsthand. If you're struggling to lose weight, counting calories and shrinking portions are not the answers. The answer lies in how your brain reacts when you eat these Addictocarbs--and how you can use this knowledge to help you break the addictive cycle. It's called the Addictocarb Diet, and it's a cure--not a fad. After losing his father at an early age to obesity-related illness and a lifetime of struggling with his own weight and diabetes as a result, Bruce Roseman, M.D., transformed his life and the lives of close to a thousand of his patients with this simple and effective diet based on the latest findings in addiction neuroscience. The Addictocarb Diet: Avoid the 9 Highly Addictive Carbs While Eating Anything...

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