

Title:

A Low Carb Diet Worked For Me

Word Count:

489

Summary:

There has been a lot of talk in recent years about the important of cutting out carbohydrates,

Keywords:

low carb

Article Body:

There has been a lot of talk in recent years about the important of cutting out carbohydrates,

I cannot remember exactly what it was that led me to taking the plunge into the world of low-carb

I was leery of going low-carb for one main reason: I liked carbs and most foods that were carb

I began my trial of low-carb eating by going through my pantry and refrigerator and tossing ou

This marked the beginning of a sixty day trial eating a low-carb diet. Within days I was shock

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