

# LIFE *Without* BREAD

HOW A LOW-CARBOHYDRATE  
DIET CAN SAVE YOUR LIFE

- Discover how a low-carbohydrate/high-protein diet can prevent—and even cure—heart disease, diabetes, and gastrointestinal disorders
- Learn how to feel better and live longer by changing the way you eat
- Develop strategies to transition from high- to low-carbohydrate nutrition

CHRISTIAN B. ALLAN, PH.D.  
& WOLFGANG LUTZ, M.D.

# Life Without Bread Low Carbohydrate Diet

**JE Gale**



## **Life Without Bread Low Carbohydrate Diet:**

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