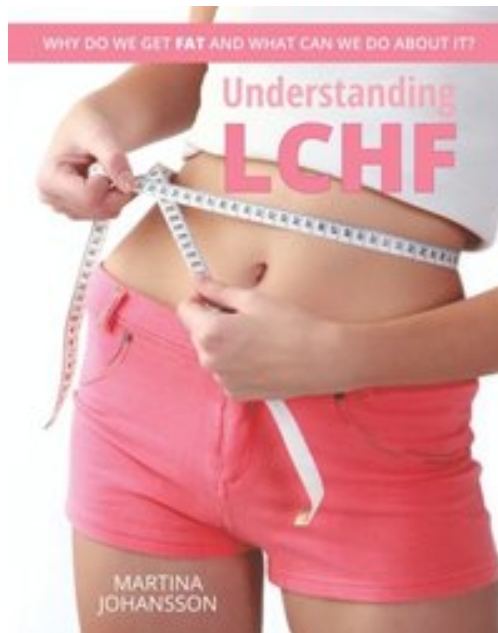


Understanding LCHF

Ladda ner boken PDF



Martina Johansson

Understanding LCHF Martina Johansson boken PDF

If you've selected this book, you've either heard about the low-carb high-fat diet (LCHF) but aren't sure what all the fuss is about, or you've heard a lot but you don't trust that it's healthy, or possibly you've tried it and it either didn't for you or only partially worked. Swedish biophysicist, fitness athlete and low-carb nutrition expert Martina Johansson has the ability to explain complex biochemistry in an accessible and interesting manner to help you understand why the LCHF or ketogenic diet actually works and is healthy, if followed correctly and tailored to your individual needs. Understanding LCHF is the key to: LOSING WEIGHT * LOOKING TERRIFIC * FINDING NEW ENERGY * STAYING HEALTHY OR IMPROVING YOUR HEALTH. The book will give you the tools to achieve all of this without complicated meal plans and tedious exercise routines. Martina also shares her in-depth knowledge of hormonal responses, as well as the health aspects and benefits of different types of micro-and macronutrients. She even includes a chapter on fitness training and another with relevant recipes.



Download (Laste ned) pdf-boken, pdf boken, pdf E-böcker, epub, fb2

Alla böcker. 30 dagars gratis provperiod