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# THE CARBOHYDRATE ADDICT S GRAM COUNTER



Penguin Books Ltd, United Kingdom, 1993. Paperback. Book Condition: New. Reprint. 145 x 94 mm. Language: English. Brand New Book. If you love to eat starches, snack foods or sweets, and have trouble stopping once you start, you may be a carbohydrate addict. Standard diets don't work for you simply because it s not a matter of willpower, it s a matter of biology. Offering much more than a standard gram counter, this handy reference provides the special...

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- Authored by Richard F. Heller, Rachael F. Heller
- Released at 1993



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