

Jenny Ruhl

Bestselling Author of *Blood Sugar 101:
What They Don't Tell You About Diabetes*

DIET



The Truth About Low Carb Diets

What Science Can Tell Us About the Strengths and Weaknesses of the
Controversial Diet that Controls Blood Sugar
The Facts You Need to Customize Your Diet for Lifelong Success

Diet 101 The Truth About Low Carb Diets

STEVE. PARKER M. D.



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