

Learn How to Eat Carbs, Lose Weight and Live an Independently Health Life!

by Dr. James D. Krystosik aka “Dr. Good Carbs”

This life transforming eBook is one of Dr. Krystosik’s most popular and best seller books, available as a free download.

Discover the Carbs that Shed Pounds & Carbs that Tack on Pounds

A 7 “Knockout Weight Loss Plan”

See for yourself how Dr. Krystosik pinpointed the remarkable health secrets of the “Blue Zone” regions six years before National Geographic

Shopping lists, meal plan, and dozens of delicious, healthy recipes

Reveals the scientific evidence linking chronic health risks of the low-carb diet

The secrets to a balanced lifestyle of work, rest and play

[DOWNLOAD NOW](#)