



# **The Truth about Carbs: How to Eat Just the Right Amount of Carbs to Slash Fat, Look Great Naked, & Live Lean Year-Round**

*Nate Miyaki*

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## Free Yourself From Carbophobia

Carbs. The very word strikes fear in the heart of many these days. They make you fat, right? And they lead to diabetes and a host of other ailments...right? Chances are, if you're trying to lose weight, you've probably tried a low-carb diet. But did it work for you long-term? If you're still stuck in the yo-yo diet rut, still struggling with a muffin top, still reluctant to attend that high school reunion or beach vacation, then you need to get your facts straight. Wouldn't it be nice to finally get your diet ducks in a row and be lean for life?

## Carbs Aren't the Devil

Did you know that both high-carb diets and low-carb diets can help you lose fat? The trick is figuring out which diet will work for you. Up until now, that was a guessing game that involved a lot of self-experimentation with a host of possible negative side effects if you chose incorrectly—fatigue, depression, anxiety, sexual dysfunction. This happens a lot if your diet doesn't match your lifestyle. But how do you know which diet will work for you? How many carbs should you be eating? After all, you want all the benefits of eating carbs—sound sleep, better performance, improved mood (and help “below the belt”)—but you don't want to run the risk of gaining body fat or losing muscle.

## Finally, a Sane Weight Loss Plan

Whether you're looking to get ripped or simply looking to get off the couch, Nate Miyaki has the diet plan for you. The Truth About Carbs is way more than a book about carbohydrates; it's a complete, step-by-step fat loss system that can fit any lifestyle and help you attain whatever goals you've set for yourself. This book contains everything you need to know to slash fat and build muscle, whether you're an office worker or an elite athlete. No more guessing games. No more excuses. Do some simple calculations and head out to the grocery store, then get ready to get lean for life. It's really that simple.

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