

Download Serotonin Revolution Low Carb Diet Crazy

Carbohydrates, and the role they play in a healthy diet, are one of the most hotly contested nutritional debates in the world, both in conventional and ancestral health circles. On one side, you've got folks who say that carbohydrates are nonessential and increase your risk for diseases such as diabetes, cancer, and neurological disorders. There's been a lot of talk about the right amount of carbohydrates to eat lately. Laura Schoenfeld started us off with her article about the possible detriments of eating a low carbohydrate diet for too long, and Chris Kresser followed this up with his discussion of the common misconceptions people tend to have about low carb diets. They've ... This page documents health changes our readers have experienced after adopting the Perfect Health Diet. If you have improved your health on our diet, please leave your story in the comments. Tom Brimeyer is the founder of Forefront Health and the creator of the popular Hypothyroidism Revolution program series. Specializing in thyroid and metabolism disorders, Tom's work has impacted over 50,000 people spanning more than 60 countries.