



# Low Carb Made Easy - John Ratcliffe, Cherie Van Styn

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## **How to Use a Low Carb Diet for Weight Loss, Controlling Diabetes, and Much More!**

**Anyone Can Use a Low Carb Diet for weight loss, the control of diabetes, heart disease, cholesterol, chronic fatigue, sugar addiction and polycystic ovarian syndrome.**

Learn how to:

### **Lose weight quickly and easily**

Who said losing weight had to be a struggle? Not any more, low carb meals are one of the easiest ways to lose weight and improve your health! With just a few simple changes you'll be on your way to losing weight fast.

### **Includes 130 Delicious Recipes**

- Our quickstart recipes, start losing weight quickly!
- Easy to make, you'll stay on track
- Fast and delicious
- Save money while getting healthier
- These are the ultimate low carb recipes that don't sacrifice the flavor!

### **Over 300,000 copies sold!**

Low Carb Made Easy has sold over 300,000 books world wide and been in publication since 1996 now for the first time it is available as an eBook!

#### **About The Author**

Dr John Ratcliffe. Graduate Diploma of Traditional Chinese Medicine, Graduate Diploma of Psychotherapy.

John Ratcliffe began his lifelong study in alternative medicine in Melbourne, Australia in the 1980's when he was in his early twenties and was one of the first westerners to be recognised in Australia as qualified to practise Chinese medicine. In 1993 he released his first title dealing with the glycemic index titled Sugar Science, it was rebranded a year later and became Low Carb Made Easy which became an instant best seller in both Australia and overseas. John Ratcliffe's subsequent titles remained in print till today, a testament to the efficacy of the information presented in his books. He has become a recognised authority on the glycemic index and it's use in weight loss, diabetes, cholesterol and infertility.

A gifted healer and teacher, John skilfully combines all Traditional Chinese Medicine with western medical science to bring about the changes necessary in the body that allows it to heal.

John has provided aid work in developing countries since 2005 and is currently in Asia.

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