



Low Carb High Fat No Hunger Diet: Lose Weight With A Ketogenic Hybrid

By *Veronica Childs, Laura Childs*

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Lose Weight with the Low Carb High Fat, No Hunger Diet

Update: At 50 years old, Laura Childs has lost over 50 pounds. Collectively the authors have lost over 100 pounds at the time of this update.

What if we told you that you can lose a considerable amount of weight before you have to put on that bridesmaid dress next month? In time for your vacation? Or drop enough weight in the first 10 weeks to fit back into your high school jeans - just in time for that high school reunion? (One of the Low Carb High Fat Diet authors did it, you can too!)

Does that sound like something you'd like to achieve?

"To date this mother and daughter team - aged 50 and 20 at the time of writing - have collectively lost 115 pounds without hunger and without exercising. Furthermore they make themselves available by email and social networks to help you do the same!"

What if you don't have to count every calorie, buy specialty foods, or feel incessantly hungry while losing weight?

We aren't trying to convince you that this is the Holy Grail of weight loss. We cannot say that it works for everyone. However, after nine months of sharing these diet principles with over 5,000 readers we note an 80-85% success rate.

Here's how this began:

We were sick of being large and unhappy. Tired of being tired. Fed up with our lack of confidence.

Mom had already received a worrisome report from her doctor after her physical and blood work check up.

Individually we studied diets, nutrition reports, research studies, and listened to other dieter's feedback. Then we got to work comparing notes and creating our

own diet; one we thought we could enjoy and stick with.

And work it did! Following just a few simple guidelines we ate our fill of our favorite foods. We cut out a few others.

Friends, family and our doctor took notice. They asked us to share more information about the diet.

At first we shared recipes, but people wanted more. We answered private messages, personal emails, and the multitude of questions asked of us in public. When a few friends started losing weight the way we we'd shared, friends-of-friends began asking for our secrets.

That's when we sat down and got to work writing out what we had learned, the foods we ate, and the nutritional concepts we'd uncovered.

A Note From The Authors of The Low Carb High Fat Diet:

We performed most of our research online (from reputable sources), read the most popular diet books, contemplated how it could fit into busy lives, and then added a dash of common sense.

You can do all of that for yourself (and save the cost of buying a book), but doing so might take months.

This "Low Carb High Fat No Hunger Diet" is essentially a Ketogenic hybrid created from necessity. We feel it is the best of the top three diets, with the most wretched parts left behind.

Here's what we have heard from friends, family and new social connections:

Nearly effortless weight loss; no hunger; results in the first few days; lasting results; and better than average results.

We are trying to compile the success stories, but in all honesty we are so busy communicating with our readers that we haven't had much time to do so. We do hope you will join us through the links in the book or through any social network!

What's In The Book?

You'll learn how to contact us personally and see the website we are building to support new friends and family with more nutrition information, new research, and the state of our food supply. We would be honored to connect with you there.

The book is 240 pages but it won't take up much of your time. You can start your weight loss journey with the "10 Step Quick Start" and peruse the rest when you have time.

- 75+ easy recipes
- sample meal ideas
- sample menu plans and grocery lists
- lists of common foods and their net carb value
- the science behind the diet
- foods, cooking methods, and ingredients to avoid
- 10-step quick start
- and much, much more.

We hope to hear your Low Carb High Fat weight loss success story soon!

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Editorial Review

From the Author

AUTHOR UPDATE: Laura Childs lost 50 pounds at 50 years of age. To date she has officially lost and kept off 70 pounds. Veronica Childs has now lost and kept off 55 pounds of excess weight. Two years after starting this diet, both authors remain on their KetoHybrid (LCHF) diet. You can see our results and check in with us on most social networks.

This mother and daughter team present you with a diet that blends the most effective aspects from three of today's top diets. The results are clear - a manner of nourishing the body that not only abates hunger, but also burns fat, increases weight loss, and balances blood sugar.

Veronica Childs and her mother Laura Childs join forces to bring you the diet that helped them lose over 30 pounds effortlessly. At the time of publishing (May 2014) Veronica had lost 35 pounds and Laura, 33 pounds. Their best selling book "The Low Carb High Fat No Hunger Diet" has just been released on the second printing (February 2016).

About the Author

Laura Childs spent many years working in the communications and marketing industry. From desktop publishing for both corporate and socially-minded clients, to programming and creating online Knowledge Management courseware for highly respected authors in their field; Laura has worked in Canada and internationally in a vast array of roles.

In the last 20 years she's provided many of her services and offered consultation from her hobby farm located high in the hills of the Canadian Shield. On the farm, Laura raised her daughter to discover her own talents and interests, be adept at living off the land, and balance it all with compassion, grace, and social responsibility. After 17 years on the farm, mother and daughter now live apart, but near each other, in southern Ontario.

With such diverse interests and life experiences, Laura has turned to utilizing her talents to inspire others, helping each to recognize their potential and rise to their personal best. While Laura has spent many years writing about country living, she now writes and blogs on more personal and accessible topics of health, diet, weight loss and natural foods. She has most recently co-authored a book with her daughter on the weight loss diet they created together, "Low Carb, High Fat, No Hunger Diet" (June, 2014).

Veronica Childs worked alongside her mother from two to fourteen years of age. Together they planted and tended vegetable gardens, raised livestock, revived antique chandeliers, created country living artwork and studied advertising and marketing concepts. For the last six years she has managed or co-managed a clothing store, a beauty counter in a large drug store chain, and a full service salon. She is currently managing a busy salon in a large metropolitan area. At the time of writing, Veronica is 20 years old.

Veronica was home schooled for over half of her education and attended college in Oakville, Ontario. She is an avid reader - from fiction to horror to many non-fiction topics - and was in charge of editing a full length book before she co-authored "The Complete Low Carb High Fat No Hunger Diet" with her mother.

Having traveled to many countries during her early teens, Veronica has seen firsthand the diversity of

cultures and their preferred foods. In her next book she plans to incorporate the principles of low carb high fat cooking with more of the spice and flair of a Mediterranean diet.

Users Review

From reader reviews:

Colby McCray:

A lot of people always spent their very own free time to vacation or perhaps go to the outside with them household or their friend. Do you realize? Many a lot of people spent they will free time just watching TV, or perhaps playing video games all day long. If you need to try to find a new activity honestly, that is look different you can read the book. It is really fun for yourself. If you enjoy the book which you read you can spent the whole day to reading a reserve. The book Low Carb High Fat No Hunger Diet: Lose Weight With A Ketogenic Hybrid it is very good to read. There are a lot of individuals who recommended this book. These people were enjoying reading this book. If you did not have enough space to bring this book you can buy the particular e-book. You can m0ore very easily to read this book out of your smart phone. The price is not too expensive but this book possesses high quality.

Patricia White:

People live in this new morning of lifestyle always make an effort to and must have the extra time or they will get great deal of stress from both lifestyle and work. So , if we ask do people have free time, we will say absolutely sure. People is human not only a robot. Then we request again, what kind of activity are you experiencing when the spare time coming to a person of course your answer can unlimited right. Then do you try this one, reading publications. It can be your alternative inside spending your spare time, the actual book you have read is Low Carb High Fat No Hunger Diet: Lose Weight With A Ketogenic Hybrid.

Todd Voss:

Reading a book to become new life style in this yr; every people loves to go through a book. When you read a book you can get a lots of benefit. When you read books, you can improve your knowledge, due to the fact book has a lot of information upon it. The information that you will get depend on what kinds of book that you have read. If you need to get information about your examine, you can read education books, but if you act like you want to entertain yourself you are able to a fiction books, these us novel, comics, in addition to soon. The Low Carb High Fat No Hunger Diet: Lose Weight With A Ketogenic Hybrid provide you with a new experience in looking at a book.

Norbert Walling:

Don't be worry for anyone who is afraid that this book will certainly filled the space in your house, you could have it in e-book method, more simple and reachable. This Low Carb High Fat No Hunger Diet: Lose Weight With A Ketogenic Hybrid can give you a lot of close friends because by you investigating this one book you have issue that they don't and make you more like an interesting person. This book can be one of one step for you to get success. This publication offer you information that might be your friend doesn't

know, by knowing more than some other make you to be great individuals. So , why hesitate? We need to have Low Carb High Fat No Hunger Diet: Lose Weight With A Ketogenic Hybrid.

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