

Living Low Carb: Controlled-Carbohydrate Eating For Long-Term Weight Loss By Jonny Bowden PhD CNS

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Jonny Bowden, PhD, CNS, is a certified nutrition specialist with a PhD in psychology. He is the author of numerous books and is on the Editorial Advisory Board of Men

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recommend the no crap carb diet. The more fruit I eat, Jonny Bowden, PhD is the author of more than 4 books on health and diet including Living Low Carb.

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