



The Carb Sensitivity Program: Discover Which Carbs Will Curb Your Cravings, Control Your Appetite, and Banish Belly Fat

Natasha Turner

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You've heard about "good" carbs and "bad" carbs?but what you may not realize is that even good carbs are not good for everyone. Healthy foods such as carrots, black beans, and quinoa could be making you fat. Through research and hundreds of patient trials, renowned health expert and naturopathic doctor Natasha Turner, ND has discovered that the vast majority of us have different degrees of sensitivity to carbohydrates without realizing it. Her ground-breaking program helps you uncover the *right* types of carbs for you, allowing you to curb cravings, control appetite and beat belly fat in just six weeks.

Your body's response to different carbohydrates (such as bread, grains, vegetables, fruit, and beans) determines the size of your waistline. This explains why some people fail to lose weight, get stuck on a plateau or even *gain* despite following a perfectly balanced diet. Knowing your sensitivity to foods like chickpeas or butternut squash could be the key to dropping pounds and keeping them off.

The Carb Sensitivity Program (CSP) gives you a personalized plan that sheds body fat, increases energy and optimizes health. More than just a diet, the CSP is a carb rehab plan that actually *repairs* your metabolism and helps you reintroduce carbs without rebound weight gain, cravings, bloating or mood swings. Now you can finally achieve your best body?for life.



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