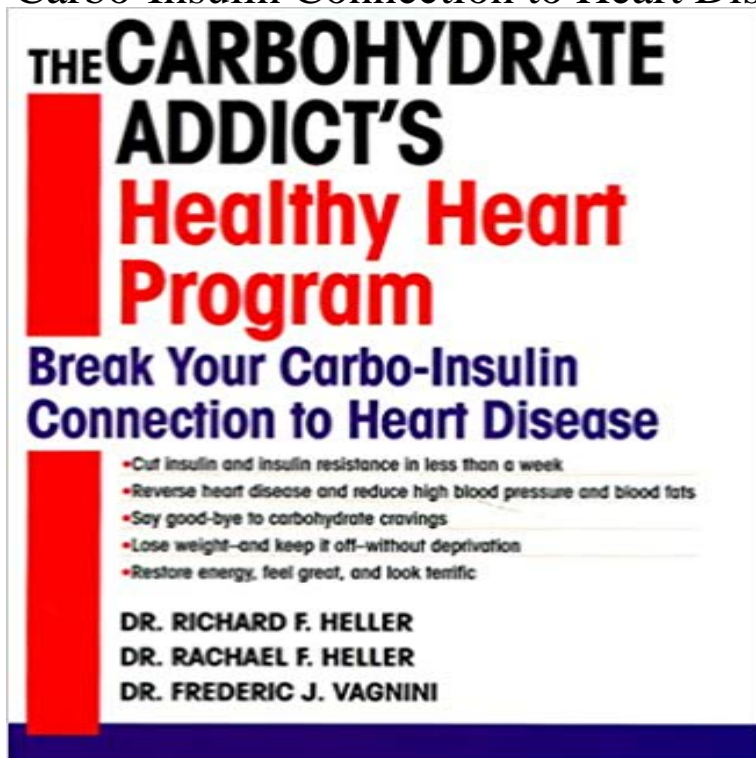


# The Carbohydrate Addicts Healthy Heart Program: Break Your Carbo-Insulin Connection to Heart Disease



Compatible with the American Heart Association guidelines, The Carbohydrate Addicts Healthy Heart Program is a carb-smart plan designed to correct the cause of your carbohydrate cravings and weight gain while cutting your risk for high blood pressure, high blood fat levels, adult-onset diabetes, and heart disease--without sacrifice and without deprivation!

**WITNESS THE AMAZING RESULTS FROM THE CARBOHYDRATE ADDICTS HEALTHY HEART PROGRAM**

**DR. RACHAEL F. HELLER** [show before and after photos of Dr. Heller]

**BEFORE**  
BLOOD PRESSURE: 220/120  
110/70  
TOTAL CHOLESTEROL: 250  
178  
TRIGLYCERIDES: 385  
98  
BLOOD SUGAR: DIABETIC  
NORMAL WEIGHT: 300+ lbs.  
138 lbs.  
HEART RISK RATIO: HIGH RISK  
LOW RISK

Are you a carbohydrate addict at risk for heart disease? Take this quiz and find out.

1. After eating breakfast, are you hungry before lunchtime?
2. Do you get tired in the middle of the afternoon and find that a snack makes you feel better?
3. Do you eat or snack when you're really not hungry?
4. Once you start eating snack foods or sweets, is it hard to stop?
5. Does stress, exhaustion, loneliness, or boredom make you want to eat?
6. Have you been told that you're overweight or have high blood pressure or adult-onset diabetes? Or do any of these disorders run in your family?

**SCORING: COUNT YOUR YES ANSWERS:**

0-1 PROBABLY NOT CARBOHYDRATE ADDICTED  
2-4 MILD OR MODERATE CARBOHYDRATE ADDICTION  
5-6 SEVERELY CARBOHYDRATE ADDICTED

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Your Carbo-Insulin Connection to Heart Disease **9780345426109: The Carbohydrate Addicts Healthy Heart Program** The Carbohydrate Addicts Healthy Heart Program: Break Your Carbo-Insulin Connection to Heart Disease] (By: Dr Richard F Heller) [published: November, **The Carbohydrate Addicts Healthy Heart Program: Break Your** If you are addicted to carbohydrates, your body reacts to starches, snack foods, junk food, You need a program that corrects the cause of your cravings and weight gain and Break Your Carbo-Insulin Connection A revolutionary and livable approach to heart disease prevention and heart health promotion designed **Audiobook The Carbohydrate Addict s Healthy Heart Program** The Carbohydrate Addicts Healthy Heart Program: Break Your Carbo-insulin Connection to Heart Disease. Front Cover. Richard F. Heller, Richard Ferdinand **The Carbohydrate Addicts Healthy Heart Program: Break Your** : The Carbohydrate Addicts Healthy Heart Program: Break Your Carbo-Insulin Connection to Heart Disease: xiv, 352 pp. Fifth printing. Too much **Carbohydrate Addicts Diet -** The carbohydrate addicts healthy heart program : break your carbo-insulin fat levels, adult-onset diabetes, and heart disease--without sacrifice and without