



# Life Without Bread: How a Low-Carbohydrate Diet Can Save Your Life

*Christian B. Allan, Wolfgang Lutz*

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**Life Without Bread: How a Low-Carbohydrate Diet Can Save Your Life** Christian B. Allan, Wolfgang Lutz

Based on more than 40 years of clinical research, this illuminating book unravels the mysteries of nutrition and shows that changing the way we eat can help us feel better and live longer. It describes how a low-carbohydrate/high-protein diet can prevent cancer, diabetes, heart disease, and obesity, as well as increase strength, endurance, and muscle mass.

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