

[PDF] The Carb Cycling Diet: Balancing Hi Carb, Low Carb, And No Carb Days For Healthy Weight Loss

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Description:

About the Author ROMAN MALKOV, M.D, is a physician and exercise physiologist who served as a nutritional consultant for the Russian National Athletic Team. An active member of the American College of Sports Medicine and the American Association of Nutritional Consultants, Dr. Malkov is a consultant to professional athletes and fitness enthusiasts. He lives in New York City.

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