

FOR IMMEDIATE RELEASE

## SLOW CARB FOR LIFE

The Ultimate Practical Guide to Low-Carb Living



## ALL NEW EASY LOW-CARB COOKING

Over 300 delicious recipes including breads, muffins, cookies, and desserts



- National TV, print, and phone-in radio shows from coast to coast
- 40 book signings from September 20 to November 30, 2004
- Digital copies of the covers, table of contents, and a DVD with TV media clips available
- For more information: [www.slowcarbforlife.com](http://www.slowcarbforlife.com)

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**E**NTERTAINMENT  
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## Slow Carb for Life

The Canadian husband-wife, doctor-cook duo are back serving up two new titles in the wake of their 20,000 copy low-carb bestsellers.

The Haakonsons — Canada's answer to Atkins, South Beach, Zone, and all the diet fads on the market today — practice what they preach, each having lost 40 pounds and kept it off after changing their lifestyle to eat not only low-carb but *slow carb*, carbs that convert *slowly* to sugar.

Unlike the competition, they do not advocate protein loading, low-fat foods that can be high in sugar, or counting calories. *Slow Carb for Life* is a practical guide based on personal trial and error, hard science, and thousands of reader testimonials that customized the program.

On a slow-carb program you can eat fruit, snacks, and good fats, without sacrificing nutrition or flexibility for weight loss, more energy, and heart health. Refreshingly, the results are drastic but the method is not. The book offers the reader everything she needs to get started:

- a Food Diary
- guidelines for buying slow-carb foods and carb-proofing your kitchen
- meal plans for weight loss, maintenance, and entertaining
- slow-carb programs for adolescents, diabetics, vegetarians and those with food allergies
- strategies for eating out, traveling, holidays, and weight loss plateaus
- reviews of 18 popular diet books
- listings of new low-carb products, stores, Web sites, and networks
- 40 pages of food listings with their carbohydrate counts

Five years ago, experienced cook and resident gourmand, Patricia Haakonson set about to modify old standards and invent new delicacies that would suit a low-carb plan. *All New Easy Low-Carb Cooking* includes winning submissions from the Haakonsons' online Recipe of the Month contest and favourites from converts to the low-carb revolution.

Tips for substituting for sugar and flour, the uses of Xanthan gum, and the source of low-carb chocolate complement no-nonsense, quick meals suitable for people following *any* low-carb program. Each recipe calculates total and net grams of carbohydrate, fat, fiber and calories for you so all you have to do is enjoy!

**HARV HAAKONSON** was a RCAF pilot before going to medical school at the University of Alberta. He is an internationally recognized expert in the field of occupational medicine and ran a consulting firm for 15 years.

**PATRICIA HAAKONSON** has a Bachelor of Science from St. Francis Xavier University and has worked for the provincial and federal government. She wrote *Easy Low-Carb Cooking* (2001) and co-authored *Easy Low-Carb Living* (2002) with Harv. The Haakonsons are experienced speakers.

**Slow Carb for Life**

1-55022-680-0

**All New Easy Low-Carb Cooking**

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