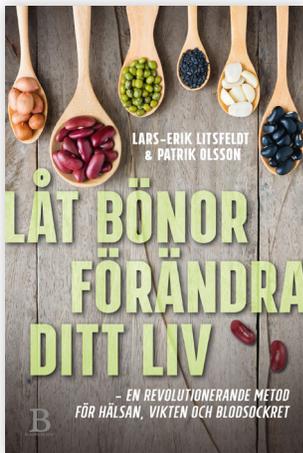


LET BEANS CHANGE YOUR LIFE

- A REVOLUTIONARY METHOD FOR OPTIMUM HEALTH, WEIGHT AND BLOOD SUGAR LEVELS



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Låt bönor förändra ditt liv

Patrik Olsson & Lars-Erik Litsfeldt

199 p

"When dietary pioneers Litsfeldt and Olsson step into the world of gut flora the result is a modern dietary method with a turbo effect. Exciting and totally up-to-date with the latest research!"

Henrik Ennart, Svenska Dagbladet

Beans?

Surely ordinary beans can't have any positive effects on general health? Neither Lars-Erik Litsfeldt or Patrik Olsson who are the authors of this book thought so when the subject first came up. After conducting various experiments, however, a very clear pattern began to emerge. Kilos disappeared and blood sugar levels improved dramatically.

Patrik's girlfriend Maria lost 20 kilos following the LCHF diet and an ordinary exercise regime. With the addition of beans, a new type of exercise described in the book and probiotics, she lost another 40 kilos which means she has now halved her weight.

Come with us on this exciting journey and you too can benefit by actually eating more and improving your health. The book contains delicious recipes that are rich in resistant starch and examples of exercise routines.

About the authors



The authors of the book **Lars-Erik Litsfeldt** and **Patrik Olsson** have type 2, respectively type 1, diabetes. After Patrik lost his sight as a result of his diabetes he began following the LCHF diet to improve his blood sugar levels and avoid further injuries. His blood sugar levels improved, but

he would never have guessed at the results he gained when he also started to eat pro and prebiotics (bacteria and bacterial food). He was suddenly developing ripped abs and could sometimes skip the medicinal insulin altogether. Lars-Erik Litsfeldt has earlier written about 10 books on the LCHF diet and diabetes.