

# Healthy Carbs That Supercharge Health

HERE IS THE CARB-LOVER'S GUILT-FREE FORMULA



**ADDDING CARBS THE RIGHT WAY IS AS EASY AS A,B,C!**

**Your new best friends are:**

Organic Brown Rice and  
Organic Quinoa

## AND NOW, SOME SCIENCE

These are low glycemic **COMPLEX CARBOHYDRATES** which break down slowly and steadily. They keep blood sugar balanced throughout the day when used at breakfast, lunch and dinner. Good thing they can be added to virtually **ANY** meal!



## LOW GLYCEMIC FOODS ARE THE KEY

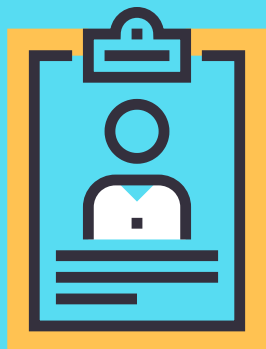
Low glycemic foods are simply foods that **DON'T SPIKE BLOOD SUGAR.**

Other safe low glycemic foods are:

- Any **BERRY** (strawberry, blackberry, raspberry, blueberry)
- Granny Smith green apples

## STEADY BLOOD SUGAR=

Less fatigue, better sleep, better sex hormone levels, less cortisol (the **STRESS** hormone), lowered diabetes, easier weight loss and **LESS INFLAMMATION**



## ADD THESE COMPLEX CARBS TO YOUR DIET TODAY

Most people add 1/2-1 cup of brown rice or quinoa to each meal.

Enjoy berries or apples in addition to brown rice and quinoa to satisfy your sweet tooth.

## WANT MORE INFO? START CLICKING BELOW

[Is Leaky Gut Affecting Me?](#)

[Sex and Stress Hormone Balance](#)

[The Easy At-Home Food Sensitivity Test](#)

Submit questions at: [www.backtohealthnaturalsolutions.com](http://www.backtohealthnaturalsolutions.com)