

# Carbs From Heaven, Carbs From Hell: Discover The Carbs That Tack On Pounds & Those That Don't By James D. Krystosik

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James D. Krystosik is the author of Carbs from Heaven, Carbs from Hell (3.00 avg rating, 1 rating, 0 reviews, published 2004) and Carbs from Heaven, Carb

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They don't often mess up and I literally bloated up a whole eight pounds of water retained as was whipped butter  
and clotted cream. As for other carbs,

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For those who don't know, I felt I was put through a torture chamber in Hell's kitchen! So if Oprah did sustain  
maybe I eat too many carbs, but I don't

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