

# **Carbohydrate Addict's Fat Counter By Dr. Rachael F. Heller;Dr. Richard F. Heller**



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Mar 24, 2014 The Carbohydrate Addict's Diet was designed by husband and wife duo Dr. Rachael Heller and Dr. Richard Addict's Diet Book; Dr. Rachael F. Heller and Dr

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Rachael F. Heller, M.A., M.Ph., Ph.D., is a research and health psychologist, and professor at both the Mount Sinai School of Medicine and in the Department of

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Rachael F. Heller, M.A., Richard and Rachael Heller live in Florida.To visit their web page go to: The Carbohydrate Addict s Gram Counter.

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which they theorize causes the body to release insulin and the body to store fat. Heller, Richard F., and Rachael Carbohydrate Addict s Carbohydrate

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