

3 food lies reveal why White Rice can be healthier for your metabolism and more effective for fat loss than Brown Rice...

## **Nutrition Breakthrough: White Rice Now Proven BETTER Than Beloved Brown Rice For Increasing Your Fat Loss and BOOSTING Your Metabolism**

By Shaun Hadsall

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Did you know that fibrous brown rice may contain MORE harmful ingredients than white rice?

Did you know that if you intentionally avoid white starchy foods like white rice, and eat the beloved brown rice instead, it may actually be WORSE for your health than eating the demonized "white" rice?

In fact, if you constantly cut out your favorite starchy carbs it can SLOW DOWN your fat loss and be more harmful on your metabolism than MANY so-called healthy foods you're probably eating right now.

The 3 food lies below will show you exactly why eating more of your favorite high carb foods like white rice, the RIGHT way, can actually be BETTER for your metabolic health and your fat burning hormones than eating diet foods.

Once you discover these 3 "unknown" food facts, that nobody EVER talks about, you'll know how to intentionally eat MORE white rice and other high carb starches to **increase fat-burning hormones, accelerate calorie burning, and KEEP your metabolism revving higher** week after week.

My name is Shaun Hadsall, and in my 15+ years of experience in the diet and nutrition industry I discovered a **proprietary nutrition secret that will keep your body looking young**, help you CONTROL your fat-burning hormones, WITHOUT storing your favorite carbs as fat.

I've used and taught these carb cycling methods [↓ Click Link Below ↓](#) pages from all over the globe. All you have to do



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# 4 Cycle Fat Loss Solution

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Link => <http://pdf0.org/4cycle/pdx/3t2296/>

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