

# Download Diets Drive Me Nuts Sensible Solutions For Lasting Fitness

Postmedia Solutions gives you the power to grow your business. We blend media expertise with smart marketing. It's the perfect balance of creativity and science to propel brand awareness, engagement, conversion and loyalty. Last week, my staff nutritionist Laura Schoenfeld wrote a guest post for my blog called "Is a Low-Carb Diet Ruining Your Health". Perhaps not surprisingly, it has caused quite a stir. For reasons I don't fully understand, some people identify so strongly with how many carbohydrates they eat that they take offense when a suggestion is made that low-carb diets may not be appropriate for ...

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