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# The Banting Solution: Your low-carb guide to permanent weight loss

*Bernadine Douglas, Bridgette Allan*  
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**Bernadine Douglas, Bridgette Allan : The Banting Solution: Your low-carb guide to permanent weight loss** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Banting Solution: Your low-carb guide to permanent weight loss:

At last, the Banting book that will answer ALL your questions about the Banting lifestyle (low carb-high fat diets like Atkins) AND provide you with the solution to permanent weight loss! The Banting Solution not only explains what Banting is all about, but also: answers Bantersrsquo; most pressing questions; busts the myths that have cropped up around Banting; provides helpful meal plans and banting-friendly food lists; offers tips on how to avoid weight-loss stalls; helps us understand food labels; and teaches us how to Bant on a budget. Most importantly, it teaches us how to get rid of those unwanted kilos and keep them off forever! With solid research supported by actual case studies and before-and-after photographs, readers will now be able to access all the information they need about Banting in just one book.