

Weight Loss Methods - Poll of EpicureanFriends Results

Post by “Todd” of January 18, 2023 at 8:56 AM

I've never been overweight, so feel free to ignore my opinion.

I've been doing some form of carb restriction for the last 10 or 15 years. Not strict by any means. Mainly I just try to limit sugar and grains (also seed oils). I lift weights 2-3 times/week.