

Low carbohydrate recommended book list:

Fix Your Diet, Fix Your Diabetes Your Dietary Solution to Reversing Diabetes by Dr Tony Hampton

Dr Andreas Eenfeldt
<https://www.dietdoctor.com/>

The Complete Guide to Fasting Dr Jason Fung and Jimmy Moore

Dr Jeff Gerber (Denver's Diet Doctor)
<http://denversdietdoctor.com>

Dr Rod Taylor (Low Carb Down Under)
<https://lowcarbdownunder.com.au/>

Art and Science of Low Carbohydrate Living by Drs. Volek and Phinny

Real Meal Revolution by Tim Noakes

The Big Fat Surprise by Nina Teicholz

Good Calories, Bad Calories by Gary Taubes

Dr. Bernstein's Diabetes Solution by Richard Bernstein