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David feder, rd (author of the skinny carbs diet)

David Feder, RD is the author of The Skinny Carbs Diet (2.71 avg rating, 7 ratings, 0 reviews, published 2010)

Are you eating enough carbs? - skinny-fat

Low carb diets work to lose fat, but at what cost? When you train hard you NEED to eat enough carbs to support recovery and muscle gains.

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12 ways to raise serotonin levels

11. Eat foods that are high in Serotonin or raise serotonin levels. There are a few foods like Turkey or bananas with their Tryptophan, buckwheat and Flax which are

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David feder (author of the skinny carbs diet)

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