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Check the Drs. Eades's Web site for their PBS cooking show at [www.lowcarbcookworx.com](http://www.lowcarbcookworx.com) for

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- ◇ Recipes
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Check the Drs. Eades's official Web site at [www.proteinpower.com](http://www.proteinpower.com) for

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- ◇ Links to medical and scientific resources
- ◇ Quality nutritional supplements
- ◇ Dieting support groups and discussion board
- ◇ Recommended reading
- ◇ Interactive body-fat analysis
- ◇ Low-carb research bibliographies
- ◇ Information on the ThickenThin products and other items used in the recipes