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the perfect gene diet pdf

UPDATE: This was cross-posted on Jimmy's site, so discussion is occurring on both sites.. I'd like to thank Jimmy for organizing this discussion on the desirability of including starches in a low-carb diet.

Jimmy Moore's seminar on "safe starches": My reply

Amylase (/ ˈ ɛ ɪ m ɪ ˈ eɪ s /) are enzymes that catalyse the hydrolysis of starch into sugars. Amylase is present in the saliva of humans and some other mammals, where it begins the chemical process of digestion. Foods that contain large amounts of starch but little sugar, such as rice and potatoes, may acquire a slightly sweet taste as they are chewed because amylase degrades some of their ...

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