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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**7 Secrets to Sticking to Your Low Carb Diet**

**By Sylvie Charrier**

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You've read the books, you've watched the infomercials, and you've tried your best, but you just can't seem to make the low carb diet thing work for you. Either you forget what you can't eat and blow your carb allotment or you remember and just can't find the self-discipline to say no. And, now your weight loss turned into weight gain and—while you were once optimistic—you're now dejected and feel like a low carb flunky. If this sounds familiar, don't despair: We have 7 Tips to keep the carbs on the plate and the weight off your hips.

**Write It Down**

Every day write down what you ate and make a note of what worked, what tasted good, what didn't work, and how you felt about your diet that day. Most importantly, write down at least 3 things every day that celebrate the choice you've made to go low carb. Attitude is everything!

**Bumps in the Road: Plan Ahead**

Plan out the food in your day before it happens. Know where you'll be and if you need to pack ahead. There's nothing worse than ending up unprepared in a high carb zone!

**Don't Waste Time Taking Back Your Waistline**

If you start slipping in the land of high carbs, draw the line at your waistline and just say no to high carb foods. Waiting until next Monday or the full moon or you find a lucky penny are not good excuses. Start taking back control of your carbs immediately.

**Just Because It Says "Low Carb" Doesn't Mean You Can Eat 12**

Just because something is low carb doesn't mean that it should be a free-for-all. Be sure to check on cholesterol, saturated fats, sugars, and calories before you start gorging on any low carb treat. Moderation is always the key!

### Buy A Cookbook

Got the low carb blahs? Can't think of anything low carb to make? Want to quit your diet because it's so boring? Buy a cookbook! There are countless great low carb cookbooks on the market today. Beyond that, you can transform just about any recipe into a low carb version. Don't give up because you're bored, buy a cookbook and open up page after page of possibility.

### A Loaf of Cabbage and Slice of Lettuce?

Where do those carbs like to hide? That's right—in the bread! But, without bread, how do you keep your burgers bunched, your salami slammed, or your cheese closed? By wrapping it in a leaf of

cabbage or lettuce, of course! Not only will it hold your sandwiches together, it gives a great crunch to every bite!

### Send It Back

Many low carb dieters fall off the bandwagon when eating out. Feeling that it would be impolite to refuse, they let the complimentary bread and chips fill the baskets, sneak in a side potato with the main dish, and nibble on the dessert "just this one time." Stand up for yourself when you eat out—don't let the servers fill your plate or table with anything that might tempt you. Ask politely that they remove any breads or chips. Don't be embarrassed—this is your life and their jobs, which is more important to you?

Maintaining a healthy, exciting low carb diet is not only possible, it's important. Believe in yourself and your health and you'll have no problem keeping on the down low.

Sylvie Charrier is the author of the revolutionary new book "Living La Vida Low Carb: The Vegetarian Way". As a busy work-at-home mom, she discovered simple ways to get more results from her low carb diet. She shares her recipe makeovers and health tips on her website <http://www.VegetarianLowCarb.com/7-Secrets.html>

### **Low-Carb Dieting During Pregnancy May Benefit Your Baby!**

#### **By Melissa White**

As low-carb dieters change their eating habits, it is likely that these habits will stay with them. There is no surprise then that more and more pregnant women are trying to maintain their low-carb routine during the months of pregnancy. There are new studies being done on low-carb dieting that point to the fact that there may be benefits in the long run for children of low-carb dieting.

Scientists from the Southampton School of Medicine have used mice to study the benefits of low-carb diets during gestation. It was found that pups born to mice fed a high-unsaturated protein and fat diet and low in carbohydrates were more likely to have low liver triglyceride levels than the pups born to mice fed a standard diet which was high-carb and low-fat. Low-carb pups also had higher amounts of

protein that help in burning fat than the pups that were on the standard diet.

The mother mice were put on either the low-carb diet or the high-carb/low fat diets six weeks prior to being impregnated and stayed on the diets throughout their entire pregnancy as well as the duration of nursing. Post weaning all pups were fed the same high-carb diet, despite this fact, the pups born to the low-carb mothers were found to have significantly greater levels of the hepatic proteins CD36, CPT-1 and PPAR $\alpha$ , which help with fatty acid oxidation.

The mice on the low-carb diet ate about 21 percent less than the high-carb/low fat diet. These low-carb mothers also consumed about 57 percent fewer carbs, 23 percent more protein, and 153 percent more fat than the high-carb mothers.

Humans too need to maintain low levels of liver triglyceride and a good lipid (fat) metabolism. This will help reduce the risk of coronary artery disease. This disease alone kills thousands of Americans each year.

Melissa "Granny" White is a Low-Carb Diet fan and has been making delicious Low Carb recipes for years. You can get all 800 of her delicious recipes at:

Low-Carb Dieting During Pregnancy May Benefit Your Baby!  
The Best Way to Use Low-Carb Control  
Low Carb Ice Cream  
Low Carb Dieting Tips: When You Reach Your Plateaus  
Low Carb Diet Secrets Revealed!

Beat that Fat  
30-Day Low Carb Diet 'Ketosis Plan'  
1000 Atkins Diet Recipes  
Tetris Game  
Recipes from the Heartland



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