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100% Effective Natural Hormone Treatment
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Impair Healthy Healing In People Over The Age Of 30!

Do The Trick With Low Carb Foods

By Belina Storrey

You can hardly turn your head these days without seeing new studies that have been done that

show the importance of cutting carbs out of your diet. New diet plans are coming out all the time that claim to have the perfect combinations of foods that will magically allow you to lose all of your extra weight without lifting a finger or sacrificing any of the tastes you love so much. Eating low carb foods sounds so boring and hard, but it doesn't have to.

As a registered dietician, it is my job and my joy to work with people in finding healthy food plans that are the best for them in achieving their health goals. I love sitting down with a client and discussing with them why they have made the decision to see me. Because you see, people have to get to a certain level of desperation and desire to change before they will go out of their way and make room in their tight budgets to see a dietician. I love hearing people talk about their struggles with weight and with making healthy eating choices. So many people desire to hear the truth about things like low carb foods but they have been so mis-informed by media.

Out of all the things people ask me, the questions I get most have to do with the truth about low carb foods and about switching to a low carb diet. People want to know whether or not it is an effective way to live, and if so, how they can do it without making their meals boring and bland. I love having this discussion about low carb foods because I happen to be a carb lover that has re-adjusted my eating habits in the past few years.

I tell all my clients that an important key to any health or eating program is balance. I tell them that this is why it is unrealistic and even harmful to think that we are doing good for our bodies by eliminated all carbs or all of anything from our diets. The purpose of low carb foods, which can be great, is to still enjoy the tastes and the health benefits (yes, benefits) of carbs while keeping them under control and trying to maintain your health and weight in the process.

Find some good information and read up about the truth about low carb foods if you don't have the time or money to make an appointment with a dietician. Your health is worth it. Be proactive and learn the truth.

Belina Storrey is a dietician that loves to expose the truth about fads such as eating all low carb foods. See

<http://www.lowcarbfoodsgroup.info>

for more on this topic.

Low Carb Ice Cream

By Joan Winthorp

As the low carb diet continues to create a booming impact to its dieters, the low carb diet arena then began to produce after the exciting six-part series of frozen desserts, and included in this food trend is the making of the reduced sugar and low carb ice creams.

Speaking of low carb ice cream, there are some low carb ice creams that can not be technically called "low carb ice cream" due to their cream contents, however, they are still low carb ice cream alike. Fortunately, the ice cream companies are now working hard to provide the ice cream consumers with frozen desserts that have reduced sugar contents, which ultimately reduce the products' calorie and carbohydrate contents.

And one of the good news that accompanied the production of the low carb ice cream is that most of the reduced sugar desserts really taste yummy. However, there are some studies which noted that reduced sugar does not eventually mean the treat is low in fat. But despite that possibility for the low carb ice cream, there are still some frozen desserts that are both low in fat and carbohydrates.

It is as well interesting to know that many studies about the low carb ice cream have considered that only half a cup of the low carb ice cream is a reasonable serving. However, it is still considerable that even if an ice cream carton trumpets that has low sugar or calorie levels, or has no added sugar, or even has low carbohydrates, they might have probably fat contents that would contribute a bad effect.

So if you are one of those who love low carb ice creams, following are several low carb ice creams that are best recommended for family preference.

One of the noted best recommended low carb ice cream is the Edy's No Sugar Added Triple Chocolate low carb ice cream. Many who have tasted this low carb frozen dessert have considered it as low in fat, low in sugar, and tastes so yummy. And in fact, there are fudge sauce swirls in this chocolate ice cream.

And also of great interest is the Vanilla Ice Cream that can really be considered as a low carb ice cream for the fact that it contains a lower carbohydrates count for two carbohydrates per serving. This particular low carb frozen dessert is made by these ingredients: five egg yolks, a cup of Splenda, 1 and ¼ cups of heavy cream that is whipped.

All of these mentioned low carb ice creams are really considered as nice favorite treats. So you can

keep yourself and slim down with these low carb frozen desserts.

Joan Winthorp is a fitness and nutrition expert. If you ever wanted to know if the Low-Carb-Diet works or does not – than the website at

<http://www.low-carb-diet-secrets.com>

was written just for you.



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