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**Do You Make These South Beach Diet Mistakes?**

**By Neil Stelling**

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The South Beach Diet works, for most people. Its low fat, low carb approach helps you lose weight quickly and easily. Health benefits are great too.

But there's some easy mistakes you must avoid.

**Gain Weight in Phase 2**

Most people do well being strict in Phase 1. But what happens when you switch into Phase 2 ? Often, you put some weight back on again. Why ? Because your body's starved of carbs for 2 or 3 weeks. At the start of Phase 2 it grabs at every carb you give it, and turns them into fat. I learned this lesson the hard way, gaining 2 lbs in my first Phase 2 week. So reintroduce carbs slowly when you go into Phase 2, and make sure they're good carbs.

**Feel Hungry**

Yes, if South Beach makes you hungry, you're doing it wrong. You don't need to feel hungry. Eat 3 meals a day, with snacks in between, choosing from the foods allowed in your current phase.

**Stay in Phase 1 for too Long**

Isn't Phase 1 great ? You can lose from 8 to 13 lbs in just 2 weeks, without being hungry. So why leave Phase 1 ? Why not keep up your rapid weight loss ? Because you must start adding some carbs back in. A healthy diet includes some good carbs like wholemeal bread, porridge and fruit. A permanent Phase 1 also gets a little boring, and you'll start to cheat. Yes you will. A few biscuits here, a few biscuits there, and soon you're cheating rather than dieting. It's better to switch into Phase 2 after 2-3 weeks, and accept a slower healthier weight loss.

## Do You Make These South Beach Diet Mistakes?

### Fall Victim to Bread Craving

How many people list 'bread' as an addiction ? Seriously, there's a lot. Unfortunately, white bread is right near the top of the Glycemic index, and about the worst food you can eat on your diet. When you get into Phase 2 you're allowed to eat bread, but only slices of wholemeal. Same with rice and pasta. Small amounts, and ideally whole grain versions. Bad carbs add weight.

### Ignore the Health Benefits

Most people start a diet to lose weight. I guess that's what a diet is for. But some diets, particularly South Beach, have major health benefits. In fact, it's worth going on the South Beach Diet just for the health benefits, even if you don't lose weight (but you do). My blood pressure was high when I started. After 3 weeks it was back to normal. People with pre-diabetes, or potential heart problems, can much reduce their risk by following this diet. So there's lots of beneficial internal changes in your blood

chemistry happening while you're losing weight.

So if you follow the South Beach Diet properly, you'll get great results. You'll lose weight quickly, keep it off, and get some major health benefits.

Discover easy to follow weight loss secrets with a free mini-series of South Beach Diet Tips. And learn how to get your own 'virtual personal trainer' video. Click

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Neil Stelling successfully lost weight on the south beach diet.

### **Diet Information: The South Beach Diet**

**By Jason Hulott**

### **Diet Information: The South Beach Diet by Jason Hulott**

Developed by cardiologist Dr. Arthur Agatston, this diet first became popular in Miami. It was developed into book form, and is now a worldwide best seller.

The weight loss advice focuses on a healthy balance between good carbohydrates and fats. The idea is to decrease 'bad' carbs (eg baked goods and soft drinks) to help you metabolise what you eat better. The South Beach dietary programme also claims to improve insulin resistance, leading to weight loss. While there are three phases to the plan - the first of which is about banishing your cravings and, to some, can be daunting – this diet plan aims to change your dietary lifestyle. The last phase is meant to change the way you eat forever.

## Do You Make These South Beach Diet Mistakes?

While for the first two weeks of the plan you are not allowed bread, rice potatoes etc, for most of the diet you'll eat normal-size helpings of meat, poultry and fish as well as vegetables, eggs, cheese, and nuts.

You'll gradually re-introduce foods as the plan progresses, albeit in smaller portions. To maintain your healthy weight for the rest of your life, you'll follow the South Beach 'rules'. Not as scary as it sounds, healthy eating is something that we should all follow, lifelong.

Like the Atkins diet, if there are lots of foods you don't enjoy or you cannot stick to a diet where food stuffs are restricted (even in the short term), this may not be the diet for you.

<http://www.uk-diets-online.co.uk> provides information about all the major diet systems available. Download as FREE copy of the Tasty Weight Loss and Muscle Building Recipes Book, a 33 page book which you can download for free to get some ideas for weight loss recipes.

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