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Food Intolerance And Low Carb Diets

By Benji Paras

Food intolerance is a pharmacological reaction to the consumption of certain foods. In many cases, food intolerance may appear to be the side-effect of pharmacological drugs, but in fact, it is generally caused by the consumption of natural foods products, additives, or the combination of both.

The majority of food products that commonly cause food intolerance are high-protein.

As a low carb dieter, you will have abnormally- high exposure to high-protein food, including dairy products and meats, which means your chance of experiencing food intolerances (if you have any) will increase.

In contrast to food allergies, which are easily identifiable because they affect an almost instantaneous reaction of hives, shock, and a range of other symptoms, food intolerances are somewhat harder to identify.

Food intolerance generally has milder affects, such as minor headaches, general irritation, upset stomach, restlessness, and a loss of sleep. This makes it much harder to identify and treat.

If you are new to your low carb diet, you may have already experienced some of these symptoms, but attributed them to something other than food intolerance.

If you have been exhibiting these symptoms for less than three days into your low carb diet, they are more than likely related to withdrawals from caffeine or carbohydrates. They could also be related to dehydration. Conversely, if you have been exhibiting them for more than three days, they are more than likely the result of a food intolerance.

You should immediately start the process of weeding out foods that could be causing the intolerance.

The following is a list of foods you may be consuming on your low carb diet that are likely perpetrators: eggs, nuts, milk, fish, shellfish, pork, bacon, chicken, cheese, and tomatoes.

You should try to remove one of these from your low carb diet at a time. If you cannot solve your intolerance problem within a week, it would be wise to get off of your low carb diet and contact a physician to determine the source of your intolerance.

This article is for informational purposes only, and is not intended as substitute for medical advice. Before embarking on any diet or fitness program, consult your physician.

Benji Paras runs

<http://www.list-of-low-carb-food.com>

, specializing in the benefits of the low-carb

lifestyle. The site contains a treasure trove of information for losing weight, and includes a list of low carb foods along with informative articles and the latest low-carb headlines.

Low Carb vs. High

By Moss Greene

Low carb diets can be classified as food plans that require keeping carbohydrates as low as 3% and never more than about 25 to 30%. This is much lower than the 50 to 60% recommended by most good scientists and valid research. Low carb diets include programs like Atkins, Protein Power, The Zone, Sugar Busters and the South Beach diet.

As you can see by the chart below, the Ornish and Pritikin diets at 70% and 80% carbs, are definitely high carb. One means used to distract people's attention away from the fact that the Atkins diet is basically an unhealthy food plan is to compare a "low carb" diet to a "high carb" diet. However, neither one is the best solution.

Although the in-depth research of Dr. Dean Ornish, using his high carb/low fat diet, has uncovered some amazing findings and produced phenomenal results in reversing heart disease, as a weight loss program and regular eating plan, it has some drawbacks. The Ornish diet, as with Pritikin, is proving to be too low in healthy oils from fish, olives, nuts and seeds. Plus, it may also raise triglycerides and lower HDL (good) cholesterol.

This chart shows you carb, fat and protein comparisons:

Carbs Fat Protein

Atkins 3-20% 45-65% 25-35%

South Beach 10-25% 50-70% 20-30%

Healthy 50-60% 20-30% 20-25%

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Ornish/Pritikin 70–80% 5–15% 10–15%

Diets at both the top and bottom extremes have their problems. Anyone can lose weight on a diet - fad or otherwise – for a week, a month or even six months. But, for a weight loss program to be truly effective, your diet must become part of your lifestyle and the basis of everyday food choices. Besides health concerns, too many people find both low carb and high carb diets difficult to stick with for a lifetime. Your best bet is to develop a low calorie, healthy eating lifestyle that includes regular moderate exercise.

Moss Greene is the Nutrition Host at Bellaonline.com. Visit her web site at

<http://www.bellaonline.com/site/nutrition>

to find out how to look better, feel your best and have more

energy –naturally. Join her free health and fitness newsletter by going to

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Low Carb vs. High

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