

This Free E-Book is brought to you by Natural-Aging.com.

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

How You Can Eat Carbs and Still Lose Weight

By Jason Barger

How You Can Eat Carbs and Still Lose Weight

by: **Jason Barger**

When I decided to lose weight I of course decided to do as much planning as possible. It seems the older I get the harder it is to do anything without completely planning it out. Anyways, I had already been on the all protein diets and knew that they worked. The only problem was I could never stick to them for very long.

So I decided to research the net a little more and see if I could find some other program that I had not yet heard about. I noticed something kind of strange, the more I looked around at different weight loss articles.

The two types of people that seemed to be claiming their way of eating was the best, were either vegans or the no carbohydrate eaters. This made sense to me. I mean, I know people who have lost lots of weight eating no carbohydrates. And if you know anyone who is a vegan, you know that they are generally very slim.

So I researched some more and came across some articles on food combining. These people claimed that you can eat whatever you want as long as you combine it properly. You can eat pasta as long as you only eat it with vegetables. Or, you can eat meat as long as you only eat it with vegetables.

This made sense because either way you are going to be eating a lot of vegetables, which nobody would argue, is a good thing. So I started my modified protein vegan style diet.

I went almost a month eating meat and veggies, when my weight loss seemed to plateau. So after that I decided to try a pasta diet, properly combined, for a while. And guess what, I lost some more weight the week I ate the carbohydrates.

A little over a month and I had lost 30 pounds and have kept it off for nine months now. So my question is this.

How You Can Eat Carbs and Still Lose Weight

Do you think the vegans have the answer? Maybe,

Do you think the protein lovers have the answer? Maybe,

Do you think the food combining theory carries some weight?

I would say so. I would say it carries about 30 pounds of weight.

This article was written by Jason Barger. Jason is the founder of Primal Health Systems and author of

Primal Weight Loss—The Guide to Losing Excess Weight. To find out more about him and his health programs you can visit

Do You Make These South Beach Diet Mistakes?

By Neil Stelling

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.

How You Can Eat Carbs and Still Lose Weight

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](#)

or

send blank email to

Neil Stelling successfully lost weight on the south beach diet.

Related Content:

[Do You Make These South Beach Diet Mistakes?](#)

[How to do the Atkins Diet Right?](#)

[Power Eating](#)

[How To Get Past a Weight Loss Plateau](#)

[Atkins Diet Plan – What's The Catch](#)

Read more Content at

Related Products:

[30-Day Low Carb Diet 'Ketosis Plan'](#)

[Obesity and Weight Loss](#)

[Beat that Fat](#)

101 tips to stay fit and live longer.

Gag Gifting.

: A genuine resource center for Quality Ebooks and Softwares



This Free E-Book has been brought to you by Natural-Aging.com.

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