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How to Learn a Little Bit Each Day for Low Carb Success

By Henri Schauffler

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One of the reasons many of us go on and off of diets and exercise regimens is because we don't understand very much about how and why they are so important. Frankly, most of the diet gurus give us simple plans for low carb living, but they don't tell us much about how and why this revolutionary approach works so well. "Low carb will change your metabolism," or, "Our body converts carbs into sugar, so we need to cut down on carbs" are just not quite enough.

We need to learn more about how to implement these new diet strategies in our daily lives to be successful.

So, Key #1 to building a Low Carb Lifestyle is learning as much as you can. I recommend a little each day, rather than reading one book or another cover to cover. This way, you can better internalize what you are learning. <http://lowcarb-lifestyles.com> contains literally hundreds of valuable, short articles to help you learn in small bites each day. Our members simply login and read one or two pieces on something that they have a particular interest in, need to understand or that simply catch their interest. We recommend 20 minutes per day. That's it.

Try this: Each day, set a little goal for yourself. Some days, it will be obvious – "I'm feeling like cheating" – in that case, set a goal to learn something that helps you not cheat. Or, "I really don't want to exercise today" – in this case, set a goal to get motivated

to go out and move! If you face no special challenge on a given day, set a goal proactively like, "I want to learn more about getting better tastes into my daily life."

The main point is, just learn one or two little bits every day. Do this day-in and day-out and you'll be your own expert and guru in no time! You'll get extra bursts of motivation from your newfound knowledge – that's the idea, of course. Daily learning, increased understanding deeper insight every day will give you fresh inspiration and motivation to stay the course. Try this seemingly simple key out for one week; you'll see what I mean!

To get your started, as some homework, please read the following article from LowCarb-Lifestyles.com, "Top 10 Reasons Why Low Carb Dieters Can Get Fatter and Fatter."

Here's the link:

<http://www.lowcarb-lifestyles.com/articles.php?a=read&aid=49>

Which ones of these are you struggling to overcome? Please feel free to drop me a line and let me know how you are doing:

<mailto:henri@lowcarb-lifestyles.com>

Henri Schaffler is the founder and webmaster of LowCarb-Lifestyles.com, an online community that gives low carb dieters the tools they need to succeed. Visit <http://www.LowCarb-Lifestyles.com/LowCarb.htm> subscribe to the free eCourse, "The Five Keys to a Low Carb Lifestyle"

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

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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

was written just for you.



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