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Impair Healthy Healing In People Over The Age Of 30!

How to Live a Low Carb Lifestyle (Instead of Just Being

By Henri Schauffler

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We've all heard a great deal in the past year about the "Atkins Diet," "Low Carb Dieting," and so on. I'm here to tell you, however, that "diets" don't work - we need to turn our eating habits into a lifestyle. Notice the word, "habits...."

As with many people, I have tried various "diets" over the years - some worked, some didn't. I have found low carb to be the most effective - but once I reached my weight goal, I said to myself, "Now what? Keep on the diet?" Or, "Can I 'liberalize' a little bit now?" Here is a simple way to understand the issues at hand...

There are two basic factors in weight loss and maintenance:

1. Carb/calorie intake
2. Exercise

We can increase or decrease weight loss by increasing or decreasing in either of these two areas. Therefore, for maximum weight loss, one should exercise 4+ days per week and maintain a stringent "weight loss" level eating plan (less than 1800 hundred calories and/or 20 grams of carbs per day. Once one reaches a weight goal, it might be possible to decrease a little bit in exercise or carb/calorie intake, but not much!

Herein lies the challenge. Many people reach their weight loss goal and say to themselves. "Oh boy, I can eat desert now." Or, "Great, now I don't have to exercise anymore!"

WRONG...

The key point is that to maintain our weight, once lost, we must adopt a lifestyle, in our case, a "low carb lifestyle." How does one adopt this lifestyle?

One Key we need to develop our internal motivation - "Why do I want to reach and maintain a certain weight?" For appearance? For health? A combination of the two?"

Write down your reasons. Flesh them out a little bit. Why are you concerned about your appearance? What specific

health issues are you concerned with? Keep this written motivation statement and refer to it often.

Next, just get into the mindset, "I do not eat carbs - I don't like sugar and starchy food is unhealthy."

Just as important, develop the idea that, "I exercise regularly." Make these two affirmations a part of who you are. Tape them to the bathroom mirror, inside your car, to your desk at work and so on. We need to get serious about this.

There are four more Keys – Information, Fitness, Nutrition and Support. There is not enough space here to discuss each key. Please visit <http://www.lowcarb-lifestyles.com> to better understand all five.

To develop a low-carb lifestyle, we need to commit to restricting our carb/calorie intake and to motivating ourselves regularly and stick to it. Simple ideas - now, get to it and begin your low-carb lifestyle!

Henri Schaufler is the founder and webmaster of [LowCarb-Lifestyles.com](http://www.LowCarb-Lifestyles.com), an online community that gives low carb dieters the tools they need to succeed – for life. Visit <http://www.LowCarb-Lifestyles.com> and sign up for the f.r/e/e eCourse, "How to Live a Low CarbLifestyle."

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

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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%

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

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

Low Carb vs. High

Low Carb Ice Cream

Low Carb Christmas!

Low-Carb Dieting During Pregnancy May Benefit Your Baby!

Low Carb Recipes Actually Taste Great!

Beat that Fat

30-Day Low Carb Diet 'Ketosis Plan'

1000 Atkins Diet Recipes

101 tips to stay fit and live longer.

Webcam Watcher



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