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Is Low-Carb Really The Way To Go?

By Jesse Cannone

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by: **Jesse Cannone**

The latest trend in the area of weight loss is low-carb diets such as the Atkins Diet. With so much conflicting information out there on nutrition and weight loss, it's difficult for the average person to not only find out what works, but also understand how to apply it.

In order to help clear the air, I'm going to dispel some of the myths that are floating around and give you some facts backed up with real science on how the human body actually metabolizes food.

First, let's talk about why the low-carb approach is so popular. There are a few reasons, but the most common is that people are finally realizing that the low-fat/high carb approach that has been promoted for decades now just doesn't work! Not only is it making us fatter, it's also responsible for dozens of diseases and illnesses.

It's true.....most Americans eat too many carbs and are deficient in the healthy dietary fats. However, it seems that it has to be one extreme or the other with people in this country. So now many people are cutting carbs and avoiding them like the plague, which is just as bad.

But wait.....you say that it works? Maybe you or someone you know has tried the low-carb approach and noticed significant weight loss. Yes, cutting carbs will cause you to lose weight, but not much actual body fat, if any at all. So, why do most people lose weight so quickly? It's because the human body holds 2.4g of water for every 1 gram of carbohydrate consumed. Cut the carbs and all you do is hold less water! This artificial weight loss is the main reason so many people are going low-carb.

So, not only does following a low-carb diet cause you to lose water, it also depletes muscle glycogen which leaves you feeling sluggish when trying to be active or workout. Remember, carbs are stored as glycogen in the muscles and glycogen is what's used to fuel your muscles.

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Another problem with severely limiting carbs is that the brain uses carbs for energy and without enough carbs, you won't be 100% mentally. While I agree that people are different and that some people do better on lower amounts of carbs, most people will feel like crap after a week or two with no or low carbs.

But all the fitness and nutrition `gurus' say that carbs are stored as fat, right? **WRONG!** Any excess energy (food or beverage) can be stored as fat - it doesn't matter if it's french fries or salad! Extra is extra!

To my knowledge, there has not been but one study that actually measured body fat of individuals following a low-carb both before and after to see exactly how much body fat was lost. Plus, this study was funded by a grant from Dr. Atkins!

Also, there is quite a bit more research that shows that carbs are not only ok to eat, but that they also contain vital nutrients that can't be found in other foods.

A recent study done by French and Canadian researchers found that consuming carbohydrates in small amounts did NOT inhibit fat burning and only approximately 4% of it was stored as fat. This was in individuals who were not exercising.

They also assessed the effect of carbohydrates in individuals who performed light to moderate intensity exercise and found that the small carbohydrate meal resulted in no fat being stored and did NOT inhibit fat burning. Plus, even the large carbohydrate meal had NO effect on fat burning and all of it went directly to the muscles to replenish glycogen and repair tissue.

Just imagine what happens when you do a hard workout!

So what does this mean in plain English? Basically, carbs are fine in small to moderate amounts (even if you don't exercise) and on days you do exercise, the carbs are going to be stored in the muscles and not as fat.

So to all those people out there who think that eating carbs will result in them being stored as fat and it `shutting off' the fat burning, I've got good news for you.....

You can finally have that big bowl of spaghetti and meatballs you've been craving!

So how can you apply this to your eating and fitness program? Here are a couple of things to keep in mind:

1. You need carbs - just the right amount and the right type

So what are the right types? Focus on eating carbs that are high in fiber such as vegetables, beans, fruits, and whole grains.

2. Vary the amount of carbs you have based on how active you are

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For example - on days you don't exercise, eat less carbs and maybe vary the types.

3. The one time you can go carb crazy is right after you exercise

For example - if you want to cheat and have ice cream the best time would be right after a hard workout.

Focus on eating balanced - carbs, proteins and fats; and again, adjust the amount of each based on how active you are and plan to be.

I also recommend you do so research yourself and learn as much as you can about human metabolism and sound nutrition. Here are some great resources:

You can also find some great resources and articles at my website here:

I hope you found this article informative and I wish you the best. Remember, the more you know the better off you'll be.

Jesse Cannone is a certified personal fitness trainer, post-rehab specialist, nutritionist, and a national fitness presenter. He is also the author of *Burn Fat FAST* and *A Bride's Guide To Fast Fitness + Weight Loss* in addition to many other popular fitness articles. He is known for his hard-hitting and to the point style and offers a great free email newsletter called *Fitness Success News*, which you can subscribe to at his website

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 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

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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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