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**Low Carb Diet Secrets Revealed!**

**By Jeff Smith**

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You may be considering a low carb diet program, but wonder if they really work, and if so, how well?

Let's take the mystery out of low carb diets by giving you the 3 most important elements to their success.

First, you need to bring your carbohydrate cravings under control. Some diet programs argue that most of us are addicted to carbohydrates. Others take a more moderate approach and link it to the glycemic index.

All of the low carb diets are consistent on this one fact though – you need to overcome short-term cravings to ensure long term weight loss success.

There is definite scientific proof linking simple carbohydrates, such as sugar, to cravings you have for more food.

Second, you need to focus on better carbs versus the worse carbs. What that means is simply that you must consider which carbohydrates result in more glucose spikes being created by your body.

Simple carbs are quickly absorbed and result in significant glucose spikes which, can result in more fat being stored in your body. Low carb diets balance overall carbohydrate input with the quality and type of carbohydrates.

Just by reducing the simple carbs in your diet such as sugar, milk, some fruit you can make a big difference in curbing your cravings for more food.

Third, you must gain confidence in the delicious foods you are able to eat on low carb diets so that you stick with the change. You cannot expect to achieve long term success with your diet program if you

## Low Carb Diet Secrets Revealed!

are not educated or satisfied with the amazing alternative foods at your disposal.

Low carb diets can lead to weight loss, health benefits and an entire lifestyle change – however you don't have to give up everything you enjoy in order to experience rapid weight loss.

By focusing on foods that trigger chemical and biological reactions in your body resulting in cravings, you can burn fat and increase your health at the same time.

Discover the Ultimate Weight Loss Resource Center. You Really Can Lose MORE Weight FASTER — and keep it off. Find out more about Weight Loss programs, products, diets, recipes, pills and

more...Right here:

### **Low-Carb Dieting During Pregnancy May Benefit Your Baby!**

**By Melissa White**

As low-carb dieters change their eating habits, it is likely that these habits will stay with them. There is no surprise then that more and more pregnant women are trying to maintain their low-carb routine during the months of pregnancy. There are new studies being done on low-carb dieting that point to the fact that there may be benefits in the long run for children of low-carb dieting.

Scientists from the Southampton School of Medicine have used mice to study the benefits of low-carb diets during gestation. It was found that pups born to mice fed a high-unsaturated protein and fat diet and low in carbohydrates were more likely to have low liver triglyceride levels than the pups born to mice fed a standard diet which was high-carb and low-fat. Low-carb pups also had higher amount of protein that help in burning fat than the pups that were on the standard diet.

The mother mice were put on either the low-carb diet or the high-carb/low fat diets six weeks prior to being impregnated and stayed on the diets throughout their entire pregnancy as well as the duration of nursing. Post weaning all pups were fed the same high-carb diet, despite this fact, the pups born to the low-carb mothers were found to have significantly greater levels of the hepatic proteins CD36, CPT-1 and PPAR $\alpha$ , which help with fatty acid oxidation.

The mice on the low-carb diet ate about 21 percent less than the high-carb/low fat diet. These low-carb mothers also consumed about 57 percent fewer carbs, 23 percent more protein, and 153 percent more fat than the high-carb mothers.

Humans too need to maintain low levels of liver triglyceride and a good lipid (fat) metabolism. This will help reduce the risk of coronary artery disease. This disease alone kills thousands of Americans each year.

Melissa "Granny" White is a Low-Carb Diet fan and has been making delicious Low Carb recipes for years. You can get all 800 of her delicious recipes at:

## Low Carb Diet Secrets Revealed!

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