

"Low Carb Diets" on the way out...Taste is Back!!!

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By D.S. Epperson

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To see the "low carb" diets on the way out is a somewhat reflective process, not that I was an advocate of ketogenic diets at all unless you have Adolescent Epilepsy, but bringing the "low carb or ketogenic diet" into the forefront of our American Society meant that more people were being educated about obesity, food and eating.

This acknowledgment about food was astounding and became overwhelming , causing restaurant chains and some farmers to really suffer from these trendy diets, people have lost farms that have been in their families for years , businesses that lend job and economic stability to an area, have gone out of business or lost business, all on a dietary whim, with no research done on the side-effects of "not eating" what these diets restrict.

"What side effects?" you ask. Okay, so you've lost a bunch of weight by eating tons of meat and fat, maybe your cholesterol numbers aren't out of reach, but, have you had your bowels checked lately? You know, eating that much meat and fat can only do one thing to your intestines and colon, and that's putrefying products in the bowels. Pretty disgusting, huh?

As you grow older, you lose the ability to digest food like you use to when you were young and had lots of enzymes . Sometimes, that comes from just age, but sometimes it comes from disease and antibiotic use, the point being that, the low carb diet's started you out on food that you may not be able to absorb anyway so you haven't been absorbing the vitamins and minerals that your body needs to start, process or finish some important tasks.

"So what's the harm in that", you may say, "I've lost weight and feel great, and I don't feel sick". You probably wouldn't. There are illnesses that you never see coming until it's too late. One of the leading causes of Colon Cancer, is eating an over abundance of meat and fat, and not having the ability to digest that protein and fat in the system. When enough damage is done, you don't absorb minerals and vitamins like you are suppose to, and you start to develop other problems, more serious problems, like

cancers.

I will have to admit, that the "Atkins" type diets do advocate not eating the processed and manufactured foods that break down so fast into sugars you can almost hear run into the veins! And that is still true, the human body was designed to do the work of breaking down complex carbohydrates into a more simple usable energy. The break down of a whole grain, fresh vegetable or fruit product also take a certain amount of energy, so not only does your body use energy to break this healthy food down, you also have the benefit of a lot of fiber, which will keep the intestines and colon clean and functioning well.

So, what's the next trend, I think the next trend is going to be the "old fashion" weight loss plan. This is a tried and true method of weight loss that anyone can do and it tastes great. This would involve healthy, low or slow absorbing carbohydrates, counting and burning calories, and exercise! A balanced diet, along with knowing how many calories you need to eat per day, to either maintain your weight, or

lose weight, and an exercise program to give your bones and muscles a reason to stay strong, not a trendy type diet, but a healthy lifestyle that you can live with for the rest of your life, that still has room for an occasional treat now and then. "Low carb" is out, the new trend is "healthy and better tasting proportions".

D.S. Epperson is the top formulator for Home Blend Gourmet / South Pacific Health, a leader in the functional food industry in the U.S.. With 20 years of experience in Nutritional Biochemistry, she has written reference books on botanicals and manufacturing of medicines from botanicals, and published articles on health, fitness and foods. She has formulated over 240 formulas and inventions for health, the environment and agricultural uses, and continues to research and study microbial advantages in nutraceuticals and functional foods. For more information or to view the articles that she has written:

Low Carb Recipes Actually Taste Great!

By Mike Yeager

Many people are beginning diets that encourage low carb recipes these days. But, what are low carb recipes? What things can and cannot be made into a low carb recipe? Following your diets strict guidelines is important, but using the Internet as a tool will help you. For instance, you may do a search for quick recipes and come up with many low carb options. There are many different diets to choose from that have low carb rules. But, many recipes may also be able to be changed into low carb by making simple changes. Meat recipes are probably the most obvious choice including chicken as it is such a healthy option in most cases. But, what about other choices? Cookie recipes may be the most difficult to find, but choices for sweets will be found. What about a special occasion? Yes, you can easily find easy gourmet recipes as well. Make in advance crockpot recipes? Yes, those too will be found with a little devoted looking.

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The best option in finding these hard to find recipes would be to look on your low carb diet's website. You can also do a search for the exact thing or just a category using the Internet. Whatever means you choose, you will find many options to low carb recipes out there. Low carb recipes need to be healthy as well as follow the guidelines specified in your diet's plan. So, it is safe to say, that you will need to research what items you may and may not eat when following these diets by looking through the materials you have purchased or visiting the websites sponsored by those diets. Questions to ask and get answered include knowing the difference between good carbs and bad carbs. Dietitians recommend eating complex carbs because these are full of fiber, phytochemicals, vitamins, and minerals. Other carbs are ones, usually the ones to avoid are simple carbs which contain lots of sugar! There are more things to ask about your diet as well such as the different phases or just how to live a low carb life.

Once you know the information you need to choose which low carb recipes you are allowed or those that you are restricted from, changing your favorite recipes into low carb gets easier. Chicken and other meat recipes will be the easiest to switch maybe with very little effort. In certain diets, you are allowed to eat more vegetables, but are restricted on which ones. So instead of having a baked potato with your dinner, you have a baked sweet potato instead. The sweet potato has less of the "bad carbs" than the white potato. Maybe instead of fries at your favorite restaurant, you get a salad. When it comes to making things at home, you need recipes that contain good carbs in the correct amounts for your diet.

A crock pot meal may contain a meat choice and fresh veggies, but leave out the potatoes or noodles. There are many choices you will need to make when looking for low carb recipes, but overall, it will be easy to find ones that will fit your taste buds. The most important things to understand are the rules of your low carb diet or lifestyle. Knowing which carbs you can and cannot eat, is the entire battle!

Mike Yeager

Publisher

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