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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Low Fat Fallacy

By Jim Foster

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I guess we all know that obesity is at epidemic levels. It's drummed into us from all angles. Isn't it strange that we have the biggest range of low-fat foods available but we keep getting fatter?

Isn't somebody going to stand up and say "It hasn't worked"?

In the 70's and 80's we were told that fat was the enemy, and carbohydrates were good. The USDA Healthy Food Pyramid had carbs as the base (6-11 servings per day). There was however, little mention of the quality of these carbohydrates.

Manufacturers were quick to respond, and began bringing out "Low Fat", "Fat-Free", and "Lite" versions of various food products. These are generally the biggest selling items, and have resulted in lot's of clever marketing tactics – in fact anything to make the consumer feel guilty, and look for the "Fat-Free" option.

Milk – Is Whole Milk Really That Bad?

Most of our modern milk undergoes the process of homogenisation. This process forces the fat globules into an atomiser (i.e. tiny holes) that will form tiny particles. These particles are then evenly dispersed throughout the milk, giving the milk a uniform appearance. Most of our low fat, trim, super-trim milks are created using this process.

However, recent research has shown that structural changes do occur in the homogenisation process. In unhomogenised milk, an enzyme called xanthine oxidase would pass through the digestive system, and be secreted harmlessly through the bowel. The homogenisation process allows this enzyme to enter the bloodstream.

Some researchers are saying the enzyme attacks the issues of our heart and arteries, encouraging an increase in cholesterol levels!

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Low Fat Hasn't Worked

The evidence of the last twenty years, is showing us that just choosing a low-fat version of a food is not helping us lose weight. In fact, we need to question, the processes that go on to make certain foods "low fat".

Many blame a high amount of refined carbohydrates (white flours, sugars) as having an impact on our weight problem.

Why Are We So Fat?

More and more evidence is showing that we eat too much, and exercise too little. Our lifestyles are

very sedentary, and portion size has increased. The US Center for Disease Control (CDC) has concluded that "we eat a lot - a whole lot more than we used to, and most of the increase comes from refined carbohydrates (sugar)."

In the 1970's the average person ate 136 pounds of flour and cereal products per year and now it's up to 200 pounds. The increase is almost all from processed, white flour, high sugar foods. In addition, everything has been super-sized. Example: 1955 McDonald's French fries - 2.4 ounces, 210 calories. 2004 Super size Fries - 7 ounces, 610 calories.

What's The Answer?

Don't get too hung up complex nutrient ratios told to you by the latest diet book. You need to find what works for you and your body. It's a process of trial and error. Start with a diet, then keep working at it until you find what is best for you and your health.

Try to eat whole unprocessed food where possible, and eat little and often to regulate your energy levels. Go easy on all the refined foods – it's hard – because everywhere you go – most of the food is made from cheap refined flours and base products.

Also try to get out and stretch your legs more often.

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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

Low Fat Fallacy

no surprise then that more and more pregnant woman are trying to maintain there low-carb routine during the months of pregnancy. There are new studies being done on low-carb dieting that point to the fat 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 that 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 there 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 PPARá, 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 Dieting During Pregnancy May Benefit Your Baby!

Fat Loss Supplement

How To Properly Decipher Deceptive Food Labels

How High-Carb Diet Plans Treat Carbohydrates

Is Low-Carb Weight Loss Really Just Water Loss?

Beat that Fat

30-Day Low Carb Diet 'Ketosis Plan'

Obesity and Weight Loss

600 Recipes For Chili Lovers

Recipes from the Heartland



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