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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Santa Goes Low Carb!

By Jan McCracken

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by: **Jan McCracken**

North Pole– The word is out! Due to an "unpublished dilemma" last Christmas Eve Santa has gone Low Carb!

Sources reveal that Santa was stuck in a chimney somewhere in California for over an hour last Christmas Eve – how embarrassing! The incident certainly wreaked havoc with his jolly schedule for the most important night of the year. In the aftermath, it caused Santa to really stop and think.

After careful consideration – Santa and Mrs. Claus decided they could not risk a repeat of the incident, but more importantly the risk factors associated with Santa's health – oh my! Right after the holidays, Santa visited his primary care physician for a complete physical. A "new lifestyle" was decided upon – It's the "Low Carb Lifestyle" for Santa!

Santa has Changed His Mind – Changed His Heart – and is Losing Weight for Life! Will this make Santa "less jolly"? Absolutely not! Fat is not what makes Santa jolly! His weight goals are not to be a skinny "Twiggy Santa" but rather a "healthy weight Santa" with less inches (for some VERY obvious reasons). The keyword here though for Santa is: HEALTH!

Our sources tell us that Santa has more energy than ever, his creativity and staying power seem to be at an all time high! He has hired more elves this season just to keep up with him! The jolly fellow is even less stressed this season.

The absence of stress seems to be relative to the fact that his chances of losing his jolly lifestyle to diabetes, heart disease and obesity have been considerably reduced by his new choice of a healthy eating lifestyle! Santa has serious work to do and HEALTH has become his priority!

In fact, our elf resource reported that we are going to see a big shift in "stocking stuffers" this Christmas. Huge orders are being received and warehoused at the North Pole for "sugar free" candies

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and low carb treats! Santa's sleigh is going to look like a "sugar free zone" this year!

With Christmas quickly approaching, as Santa's inches have dropped away, the "sewing elves" are working round the clock in altering Santa's RED wardrobe!

So this Christmas watch for an even "more jolly" Santa and just a "little less" of him but a much healthier and happier Santa 'cause he's gone Low Carb!

And..."Laying his finger aside of his nose and giving a nod, up the chimney he [easily] rose!

He sprang to his sleigh, to his team gave a whistle, And away they all flew like the down of a thistle.
But I heard him exclaim, ere he drove out of sight, "HAPPY [LOW CARB] CHRISTMAS TO ALL, AND TO ALL A GOOD-NIGHT!"

Home site of Low Carb Christmas Cookin'
The FIRST Low Carb Christmas Cookbook!
Low Carb Christmas Cookin'– with an Old-Fashioned Cook!
224 fun-filled, sometimes hysterical pages!

Jan McCracken is author and self-publisher of 39 gift books and cookbooks. Born in the Midwest and former owner/innkeeper of a country bed and breakfast in Branson, MO, she has been cooking since she was seventeen years old (she won't tell us how many years that is!

Jan has been living the low carb lifestyle for almost eight years. Her long-term goal is helping people understand that food is truly the great medicine, prevention and healer of disease.

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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.

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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 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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