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Some Straight Talk About Low-Carbohydrates and Your Health

By Rick Trojan

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by: **Rick Trojan**

There have been many diets and weight loss plans that have come and gone over the years. Low-carbohydrate, high-protein diets were popular decades ago. And today are making a comeback.

These diets do promote weight loss. Low-carbohydrate, high-protein diets are more effective. Than low-fat, low-cholesterol, low-calorie diets. Also your cholesterol levels often improve more on a low-carb diet.

A low-carb diet plan structures your eating choices around the selection of lean protein sources. Focusing on fish, soy, poultry, low fat dairy and lean red meats.

It is a diet high in fibrous, crispy vegetables and fruits. Like green beans, cauliflower, broccoli, asparagus, peppers, spinach, lettuces, berries, cherries, grapes and melons, to name a few.

You are also allowed limited size portions of starchy vegetables. Such as potatoes, carrots, beets and beans/legumes.

However, sweets and sugary foods are eliminated. With the exception of small portions on occasional *diet holidays*.

Your focus should be on healthy choices of fats. That include raw nuts, seeds, nut butters, olives, olive oil, nut oils. Also some butter, fish oil and flax seed meal.

You should avoid trans fats (partially hydrogenated fats). Like fried foods, excessive saturated fats and margarine that contains trans fats.

Your objective should be to have a protein source at each meal. Along with vegetables, fruit and fats as mentioned above. To help avoid dietary deficiencies. You should include daily nutritional

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supplements. Consisting of a multivitamin, essential oils, diet formulation and chromium picolinate.

Possible Adverse Physical Effects

You may experience some adverse physical effects with a low-carb diet. Here are some of the negative consequences that could affect your health. Constipation and headaches. Digestive irregularity from lack of fiber. Potential strain on your kidneys. Increased stomach acid levels. Due to a high protein content. And high levels of fat could cause high cholesterol.

If you're on diuretic or diabetes medications you should be monitored by a doctor. The low-carb diet affects your hydration and blood sugar levels. Current testing is ongoing whether a low-carb diet can help diabetics control their blood sugar levels.

Planning The Ultimate Diet

The ultimate goal of a low-carb nutritional diet structure. Allows your metabolic rate to stay high. While satisfying your appetite. And preserving your lean body mass.

However, in order for you to keep this weight off. You must follow the diet structure for your lifetime. This has many health experts worried.

Any extreme type of eating plan. That you follow for just a short time. Most likely will not have long term health risks.

But a lifetime plan of virtually cutting out an entire food group. Essential for your health. Without knowing the long-term risks, is a concern. At this time, the long-term health risks of low-carbohydrate plans have not yet been determined.

However, To minimize or avoid these specific diet deficiencies. That are associated with low-carb diets. You should approach your low-carb diet as an integrated part of *Your Lifestyle*. Not solely an ingredient focus.

Rick Trojan
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No One Ever Got Fat Eating Broccoli!

Some Straight Talk About Low-Carbohydrates and Your Health

By Andrew Cavanagh (AMWA)

Diet tips for losing weight abound. Some are good, some questionable and some are just plain crazy. At the risk of joining the ever growing list of diet tips here is probably the most important diet key both to weight loss and excellent health.

"No one ever got fat eating broccoli."

When you eat carbohydrates this stimulates the release of a hormone called insulin. Insulin stimulates an enzyme called lipoprotein lipase and lipoprotein lipase stimulates your body to store fat.

So a meal too high in carbohydrates can put your body in fat storage mode. But it gets worse than that.

Insulin also stimulates the production of a group of controlling hormones called type II or "bad" eicosanoids.

These bad eicosanoids are linked to nearly every chronic disease including heart disease, cancer, depression, asthma, hypothyroidism and erectile dysfunction just to name a few.

Controlling your intake of carbohydrates is crucial to control insulin and controlling insulin is crucial for fat loss and excellent health.

What's the simplest way to control insulin?

Eat low glycemic fruit and vegetables for carbohydrates.

The slower a food converts into blood glucose the less insulin is released. Low glycemic fruit and vegetables, like broccoli, convert to glucose very slowly in your body.

Fruit and vegetables are also high in the antioxidants, flavinoids, vitamins and minerals so beneficial to your health.

So eat low glycemic fruit and vegetables for carbohydrates and avoid poor choices of carbohydrates like sugar filled sweets and drinks, donuts, biscuits and french fries.

Remember: "No one ever got fat eating broccoli."

Andrew Cavanagh (AMWA)

For the healthiest carbohydrate choices read the Low Glycemic Carbohydrates Guide free at

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More fantastic features with these HealthETips.

1. Andrew Cavanagh is a professional health writer and member of the Australasian Medical Writers Association.

He is the author of *One Hour to Glorious Health and Permanent Weight Loss*, the groundbreaking *From Depression to Glorious Health in Six Steps* and the entertaining, educational *Undersize Me* – a month of great food and exercise.

2. A colour cartoon JPEG can be supplied with this article if you would like to post it on your website.

3. A short MP3 audio (around 100kb) can also be supplied with this article – again for use on your website.

4. You can contact the author Andrew Cavanagh by email at

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