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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!

Top 10 Reasons Why Low Carb Dieters Can Get Fatter and Fatter

By Henri Schauffler

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Low Carb at TGI Fridays! Low Carb Ice Cream! And the best one – Low Carb Beer! I was ecstatic. Low carb had finally become mainstream! Life would be good from now on...

I've been on the Atkins low carb diet for years, but was shocked to find earlier in the year that my cholesterol, tri-glycosides, blood pressure and weight were all up to unhealthy levels. But wait – Dr. Atkins had promised that the low carb diet would solve all these problems AND help me lose weight. Now, I thought, there was low carb everywhere - I could "not have his carbs and eat them, too."

But as I and millions of low carb dieters have found, if you don't do it right, low carb will turn into a big health risk. Earlier this year, I began an in-depth search for what was wrong with this low carb picture. As a result, with my wife, Loretta, and I launched LowCarb-Lifestyles to help low carb dieters avoid the pitfalls and mistakes that can come with ignorance and lack of support. Low-Carb-Lifestyles.Com offers a new approach based on the Five Keys to Low Carb Success: Information, Motivation, Nutrition, Fitness and Support

Along with the Five Keys, we discovered the TOP TEN REASONS WHY LOW CARB DIETERS CAN END UP GETTING FATTER AND FATTER.

10. Not Counting Carbs - Carbs must be counted just like calories
9. Disregarding a common sense approach – ("I can eat as much fat as I like - it's low carb!")
8. Failing to develop a clear plan and goals for achievement - just like any endeavor, one needs to create a sense of urgency everyday.
7. Dieting alone – not enlisting the help of a support network
6. Believing too much of the hype on commercially prepared low carb foods - all the "net carbs" promotion belies the fact that one must eat a healthy mix of protein and complex carbohydrates

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everyday

5. Sliding in and out of low carb living – Yo–yo low carb dieting is a certain road to getting fatter. Higher fat combined with carbs – certain death!
4. Failing to be creative with one's menu choices – Eating the same old eggs and meat everyday leads to cheating – for sheer lack of variety
3. Not exercising regularly – Every dieter needs at least four days a week of exercise, especially those over 30 (most of us!).
2. Ignoring the need for self motivation – We need to spend time everyday, (we recommend at least 20 minutes per day)
1. Failing to commit to low carb living for the rest of one's life – For long term success, one needs to commit to a self disciplined, intentional daily "Low Carb Lifestyle." Anything less will, for most of us, end up in weight gain and frustration.

We have concluded that the low carb approach is absolutely the best system, but we must follow certain principles absolutely. Failure to do so will actually make you fatter while tricking you into thinking you are on a diet!

Henri Schauffler is the founder and webmaster of <http://www.lowcarb-lifestyles.com>, an online community that gives low carb dieters the tools they need to succeed – for life. Visit <http://www.lowcarb-lifestyles.com> to grab your free 7 day trial.

How to Learn a Little Bit Each Day for Low Carb Success

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One of the reasons many of us go on and off of diets and exercise regimens is because we don't understand very much about how and why they are so important. Frankly, most of the diet gurus give us simple plans for low carb living, but they don't tell us much about how and why this revolutionary approach works so well. "Low carb will change your metabolism," or, "Our body converts carbs into sugar, so we need to cut down on carbs" are just not quite enough.

We need to learn more about how to implement these

new diet strategies in our daily lives to be successful.

So, Key #1 to building a Low Carb Lifestyle is learning as much as you can. I recommend a little each day, rather than reading one book or another cover to cover. This way, you can better internalize what you are learning. <http://lowcarb-lifestyles.com> contains literally hundreds of valuable, short articles to help you learn in small bites each day. Our members simply login and read one or two pieces on something that they have a particular interest in, need to understand or that simply catch their interest. We recommend 20 minutes per day. That's it.

Try this: Each day, set a little goal for yourself. Some days, it will be obvious – "I'm feeling like cheating" – in that case, set a goal to learn something that helps you not cheat. Or, "I really don't want to exercise today" – in this case, set a goal to get motivated to go out and move! If you face no special challenge on a given day, set a goal proactively like, "I want to learn more about getting better tastes into my daily life."

The main point is, just learn one or two little bits every day. Do this day-in and day-out and you'll be your own expert and guru in no time! You'll get extra bursts of motivation from your newfound knowledge – that's the idea, of course. Daily learning, increased understanding deeper insight every day will give you fresh inspiration and motivation to stay the course. Try this seemingly simple key out for one week; you'll see what I mean!

To get your started, as some homework, please read the following article from LowCarb-Lifestyles.com, "Top 10 Reasons Why Low Carb Dieters Can Get Fatter and Fatter."

Here's the link:

<http://www.lowcarb-lifestyles.com/articles.php?a=read&aid=49>

Which ones of these are you struggling to overcome?

Please feel free to drop me a line and let me know how you are doing:

<mailto:henri@lowcarb-lifestyles.com>

Henri Schaffler is the founder and webmaster of LowCarb-Lifestyles.com, an online community that gives low carb dieters the tools they need to succeed. Visit

<http://www.LowCarb-Lifestyles.com/LowCarb.htm> subscribe to the f.r/e.e eCourse, "The Five Keys to a

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