

Trying To Lose Weight? Here's A Low Carb Tip "If it's white, don't eat it."

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**By Dr. Howard Hagglund M.D.**

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Trying to LOSE WEIGHT? Here's a tip... if it's white, don't eat it!

Dr. Hagglund's Healthy Eating Tips

(All wheat products, bananas\*, breads, rice, sugar, and potatoes.)

Research has shown that these foods almost triple your blood sugar rise in proportion to how many calories they carry... nobody knows why for sure but it's clear that foods high in carbohydrates cause your pancreas to increase your insulin production.

The reason we "pack fat" is insulin. Insulin is commonly thought of as "what's missing" from a person with diabetes. But it's more than that. Besides controlling the level of blood sugar in your body, it causes you to be hungry!

It sends you searching through your house at night for chocolate and cookies! It turns on the fat storing machine in the fat cells of your body and further, blocks those fat cells from releasing their stored fat.

The result is that as you eat and exercise, your body can't convert the stored fat to sugar to burn for energy, which is the desired result of both eating and exercise... which makes you want to eat more after the effects of your workout pass. It's a vicious cycle!

One powerful way of blocking the effect of carbohydrates and the rise of insulin is to put high quality proteins into your metabolic system in front of everything you eat. Even if you're eating wedding cake, try to take in some protein before you eat it... a piece of lean beef or a soft boiled egg. The protein turns on the metabolic processes in the cells to burn the blood sugar faster and therefore stop the insulin rise.

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90% of what we eat has to be turned into sugar to be passed through the energy burning systems of the body. Controlling insulin is not just about stopping sugar intake.

You must understand that many foods, especially the white ones, get turned into sugar. It's easy to lose track of this fact. Watch those carbs! They are the precursor to the production of sugar in your body which over-stimulates insulin and it 's the insulin that "packs the fat " on you.

\*People commonly think that bananas are healthy food because they provide potassium. These days, bananas are mostly picked green and shipped, and the potassium content isn't nearly what it used to be. The potassium benefit really doesn't outweigh the negative effects of the high sugar content.

Howard E. Hagglund, M.D.

Dr. Howard Hagglund M.D. is the TaeBo Select Medical Advisor. His approach to natural health and nutrition supports the new line of TaeBo Select low carbohydrate weight loss and nutrition supplements. Get more articles from Dr. Hagglund by visiting:

### **Low Carb Dieting Tips: When You Reach Your Plateaus**

**By Melissa White**

We all get to that place in our weight loss plan where we seem to be getting less results if any. Many of us may feel like it is hopeless and that we have gone as far as we can. A plateau refers to an extended period of time during our weight loss efforts where there is no weight loss according to the scale AND no loss of inches according to the tape measure. This can happen even if you are sticking to your low-carb diet plan. If this seems to be your case chances are that you aren't as stuck as you may think. There are a few things you can do to keep your body in check:

\*First, take your measurements. There is a chance that if you aren't seeing the pounds drop in numbers that you are still losing inches. So don't stop your low-carb eating plan.

\*Second, check to see if your clothes that used to be a little tight now seem a little looser. Your body may still be losing fat. Now your body is at the point where it is starting to add lean muscle. And since fat is more bulky than lean muscle your clothes will begin to change the way that they fit you.

These plateaus can last for about three to four weeks. This is normal, so keep up with your low-carb eating plan as well as your regular exercise, and you will soon see the results. The changes that low-carbing makes to your body will last a lifetime so don't worry about a few weeks.

Now perhaps you have reached plateaus in your low-carb weight loss plan that is lasting longer than the regular four weeks. There are a few things that could be causing this upsetting stall in your weight loss.

#1) Your Carbohydrate intake may be too high. Some people need to keep their introductory low-carb

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diet level there entire weight loss period.

#2) Hidden Carbohydrates. You may be eating foods that you think are low-carb and yet you can be fooled. By sneaking into your diet these unwanted carbohydrates can add up fast. Know what foods you are able to eat and stick to those in your low-carb diet.

#3) Overeating. Eat when you are hungry and don't over do it. Just because you are eating the right foods does not mean that you can eat until you are overfull.

#4) Not Enough Exercise. You need to be exercising to boost your metabolism and help your body to burn unwanted fat. Especially weight training, which builds muscle that will essentially eat that same fat.

#5) Not drinking enough H<sub>2</sub>O. A bare minimum recommendation is 64 fluid oz (that's 8 – 8 oz glasses) of water a day. If you aren't consuming enough water you can try to substitute with non-caffeine teas and diet sodas. Remember that these aren't the same as water but will help a little and are low in carbs.

Remember these tips and don't give up on your low-carb diet.

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:

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