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**What If Low-Carb Diets Can Cure Diabetes and Heart Diseases**

**By James Ellison**

Low-carb diets can be advantageous in increased body weight , heart disease and treatment of diabetes according to new clinical studies .

Low carb diets still revolutionize the clinical practice of nutrition. Many scientists are now indicating low carb solutions for many disease states, according to Richard D. Feinman, Ph.D., professor of biochemistry at SUNY Downstate Medical Center in Brooklyn.

He also says "And practically speaking, some of the clinical results, particularly in diabetes, are quite remarkable."

"I have seen many patients who were heading for disaster and who have turned their disease and their lives around simply by avoiding foods they cannot tolerate: carbohydrates."

This simple, effective approach could reverse the epidemic of Type 2 diabetes," says Mary Vernon, MD, FAAFP, CMD and President of the American Society of Bariatric Physicians, Known for her controlled carbohydrate challenge with her patients for some time now.

"Thanks to the low-carb approach we've seen many patients reduce or completely eliminate drug therapy. Of course, it is up to a patient if they want to continue their medication, but they should at least be given a choice of a non-pharmacological approach."

Low carb diets seem to have always had a metabolic foundation and although the news attention has concentrated mainly on the business side of the topic, science continues to dramatically move forward with it.

Some of the important findings about low-carb diets are:

+ A restrained carbohydrate way of life is an efficient way to control Type 2 diabetes blood sugar. Patients are consistently able to lower or do away with disease.

## What If Low-Carb Diets Can Cure Diabetes and Heart Diseases

- +A third of overweight Americans who are trying to lose weight, are doing so by eating less carbs.
- + More recent evidence to bear the weight of the benefits of a restrained carbohydrate way of life for heart risk factors such as low HDL and small LDL lipoprotein standard.
- + A restrained carbohydrate way of life may be the best treatment for metabolic syndrome, a forerunner condition to diabetes and heart disease.
- +Over 60 percent of Americans are overweight; 38 percent are actually doing something about it.

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### **Low Carb Dieting Secrets**

Use the article but leave author box

intact.

### **Low Carb vs. High**

**By Moss Greene**

Low carb diets can be classified as food plans that require keeping carbohydrates as low as 3% and never more than about 25 to 30%. This is much lower than the 50 to 60% recommended by most good scientists and valid research. Low carb diets include programs like Atkins, Protein Power, The Zone, Sugar Busters and the South Beach diet.

As you can see by the chart below, the Ornish and Pritikin diets at 70% and 80% carbs, are definitely high carb. One means used to distract people's attention away from the fact that the Atkins diet is basically an unhealthy food plan is to compare a "low carb" diet to a "high carb" diet. However, neither one is the best solution.

Although the in-depth research of Dr. Dean Ornish, using his high carb/low fat diet, has uncovered some amazing findings and produced phenomenal results in reversing heart disease, as a weight loss program and regular eating plan, it has some drawbacks. The Ornish diet, as with Pritikin, is proving to be too low in healthy oils from fish, olives, nuts and seeds. Plus, it may also raise triglycerides and lower HDL (good) cholesterol.

This chart shows you carb, fat and protein comparisons:

Carbs Fat Protein

Atkins 3-20% 45-65% 25-35%

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South Beach 10–25% 50–70% 20–30%

Healthy 50–60% 20–30% 20–25%

Ornish/Pritikin 70–80% 5–15% 10–15%

Diets at both the top and bottom extremes have their problems. Anyone can lose weight on a diet - fad or otherwise – for a week, a month or even six months. But, for a weight loss program to be truly effective, your diet must become part of your lifestyle and the basis of everyday food choices. Besides health concerns, too many people find both low carb and high carb diets difficult to stick with for a lifetime. Your best bet is to develop a low calorie, healthy eating lifestyle that includes regular moderate exercise.

Moss Greene is the Nutrition Host at [Bellaonline.com](http://Bellaonline.com). Visit her web site at

to find out how to look better, feel your best and have more

energy –naturally. Join her free health and fitness newsletter by going to

Low Carb vs. High

Low-Carb Dieting During Pregnancy May Benefit Your Baby!

Do Low Carbohydrate Diets Lead to Weight Loss Success?

Low Carb Recipes Actually Taste Great!

Low Carb Diet Secrets Revealed!

The Truth About Diabetes

30-Day Low Carb Diet 'Ketosis Plan'

Beat that Fat

1000 Atkins Diet Recipes

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