

How to Easily and Safely Lose Weight on a Low carb Diet.

It's all the rage. You are seeing it everywhere, low carb this and low carb that. Do you think it is new?

Think again.

It's not new. Low Carbo dieting was invented in the early 1800's. In 1960 a book was written called "Calories Don't Count." In the early 1970's a Heart Specialist, Dr. Atkins, began his lifetime journey proving time and time again that low carbo dieting is safe, and effective.

He has passed on in a ripe old age now. But, he has left a legacy. You can lose weight safely and easily. It's gotten better.

Before, it was just a few pioneers, struggling against a world that would not agree with them. Now, it is accepted and understood.

And, since it is accepted and approved, big companies are making it way easier for you to lose the weight that you want to lose.

The variety of food is vast. The techniques for counting carbohydrates have improved. And, it's here now at your finger tips.

So, let's get started!

The best way to think of dieting is to not think diet.

Thinking diet puts up a resistance. It's like the more you think you are on a diet, the more deprived you feel. The more deprived you feel, the more chance you are going to set yourself up for failure.

YOU ARE NOT ON A DIET

You are on a new exciting way of eating that allows you to eat as much as you want, YES even binge, and still continue to slim on down.

When you crave something that is not on your daily food list, simply think positive. All you have to do is turn your mind to all the food that you can have, instead of worrying about what you should not have.

In the old days, the low carb diet was started on a quick step of 4 day increments, and it can still be used.

Day one through four is 0 carbs (allowing maybe some lettuce). Day five through nine is 5 carbs. Day 10 through 14 is 10 carbs. Day 15 through 19 is 15 carbs.

And, from there, you would try to see if you could get up to 20 to even 40 depending on your body and how it handles carbohydrates.

If you had been on the regiment and slipped for that candy bar, you'd simply eat like a pig for the rest of the day, then go back to day one through four, and on the fourth day you could jump back up to whatever you were doing before you ate the candy bar.

In other words, if you had been dieting for 14 days, and were on 10 carbs, and you had that candy bar which knocked you off your plan, you'd simply buckle down, go on day one through four. on 0.. and on day five, jump to 10 carbs.

(This way of setting your goal does works. However things have changed and it is easier to get into what doctors call ketosis.)

Ketosis is a condition that your body gets into when it has very little carbohydrates. It's very safe if you are the one doing that change to your body.

Standard ketosis (spilling of uric acid in the urine is not safe when you are not purposely making it happen)

In the olden days, doctors did not know that you can subtract fiber and alcohol sugars from the total carb count. (by subtracting fiber count from carb count you could get way more carbs than what was depicted before)

NOW, you can start your new way of eating with up to 20 carbs. (there are a few stubborn bodies that cannot get to 20 carbs. but for most people they can)

If after four days and you can't turn a ketone stick purple, you may have to cut back, and try 5 to 10 carbs for your induction of four days.

What's a ketone stick?

It's something you purchase at your local pharmacy to check for ketones. You get to pee on a stick. The brighter the color of purple that the stick shows, the more fat you are burning.

After awhile you will know even without purchasing the sticks. You will be able to tell.

You may be curious about what you can lose. Each body is different, but most women lose six pounds their first week and most men about 8. You can happily drop 12 to 15 pounds per month on this no hunger way of eating. The more you have to lose, the chances are the more you'll lose. If you only have 15 pounds, don't be surprised if you hit your weight goal within a month.

But be warned, when you go off a low carb plan, you'll gain water weight back as your body takes in water with the carbs, to the tune of about a good six pounds. So, if you want to lose 15 pounds, shoot for 21 so you can end up where you want to be.

When you have been following a low carbo plan and you get too many carbohydrates, you will start to not feel so great. You'll get tired, get horrible sugar cravings, swell up like a balloon with water weight and all and all lose that massive energy that you have on a low carb life style.

You see on a low carb diet, you are turning your body into a furnace. You stoke it with meat, eggs, butter, cheese, and let it burn. As it burns, it will burn the old fat like crazy.

It's wonderful

There are several things you need to know about low carbo eating.

You need to drink water, lots of water. Your body is burning old ugly fat. The water helps carry it out of your system. You need one 8 oz glass of water for every 10 pounds that you weigh, per day.

I'd not worry too much about that, but work on drinking clean, fresh water of at least, 8 glasses per day. And, more if you want more. The human body is made up of 70 percent water just as the earth is made up of 70 percent water.

You'll get liquid in pop, tea, and coffee. (Please note, that coffee and alcohol are dehydrators. It's good to drink extra water with them.)

You need a high quality vitamin. <http://www.zvita.com/vitamins> is a great place for USA and Canada to get the full vitamins that you need, delivered right to your door.

You should get exercise. Yes, you can lose weight without exercise, but it is not good for you. You need to set yourself to doing some physical activity. The more in tone you keep your muscles, the more fat you will burn.

Muscle weighs more than fat. But, when you have muscle, it gives you a leaner look. You also will have boundless energy.

Because muscle weighs more than fat, do get a tape measurer and measure yourself along with taking your weight. This helps days when you don't feel like things are moving, when in reality they are.

On a low carb eating plan, some people can feel dizzy at first. It's because they are afraid to eat. SO EAT and enjoy. It's fantastic to have no guilt eating.

Wakeup, eat an egg omelet, with bacon, sausage and eggs. You can even make a Denver cheese omelet (green peppers, onions, cheese, bits of tomato, ham, and/or bacon.)

Get a snack! The absolute best snack you can feed yourself is WestSoy Milk, natural organic plain or vanilla. READ THE LABEL. You are looking for soymilk that has this on the label - Carbohydrates 5 - Fiber 4

This computes to only one gram of carbohydrate.

If you could drink 4 glasses per day of the soymilk, (I beseech you to read the label. Many soymilks have one fiber and 15 carbs which is deadly to your new way of eating) you'd have 16 grams of fiber 4 grams of carbs. So that with your veggies such as cauliflower, broccoli, Asparagus, or green bean servings and nuts will get you plenty of fiber each day. I'd guess probably way more than you are getting now.

Fiber works wonders for losing weight. It carries fat with it. For every gram of fiber you eat, you take out of the body 7 calories of fat. Fiber keeps your digestion tract clean, carrying with it stuck unabsorbed food that is building bacteria.

Soymilk is known to ward off both hot flashes and prostate cancer. It's marvelous stuff.

Your cupboard should have:

Green Vegetables
Mushrooms
Olives
Pickles
Mayonnaise
Mustard
All kinds of spices
Oil
Peanuts
Walnuts
Peanut Butter
Tuna Fish and other appropriate canned fish, chicken, meats
Tomato Sauce
Beef and Chicken Bullion
Splenda (tm) (natural sweetener)
Pork Rinds
Peanut Butter
Gelatin

There are low carbo products, such as tangy salad dressing.

You can have tons of salad, with Ranch Dressing or mayonnaise.

You can eat all the meat that you want.

It's advised to have no more than 4 ounces of cheese per day.

Your Freezer Should Have

Meat, Frozen vegetables, broccoli, cauliflower, green beans, Fish and Fowl

Your refrigerator should have:

Cream, half and half, butter or oleo, fat filled dressings
such as Caesar, Italian, Ranch. Mayonnaise and

Cream sauces

Yellow Cheese, White Cheese, Hot and spicy cheeses

Cream Cheese

Meat

Eggs

Bacon

Selected Sandwich meats

All Meat Hot Dogs - Read the labels

Romaine Lettuce

Head Lettuce

(or other kind that you like)

cabbage

cucumbers

tomatoes

celery

Crisp dill pickles

Soy Milk

Splenda(tm) sugar substitute

Green Onions

After the first 9 days. you can allow like half a cup of strawberries or a slice of melon.

Fruit is deadly on this diet, but you can have some. It can and will trigger urges for carbo, so I suggest to eat them before going to bed after the kitchen is all clean, or have them with your summer lunch meals as a pre-snack.

Get a book on counting Carbs.

(I'm also an advocate to have fruit 20 minutes before, or three hours after other foods)

Fruit ferments and causes gas. It also has wonderful enzymes that your body loves. Eat fruit alone, and let it do it's wonderful job.

One trick on this diet is because carbo are instant fuel, the body wants the easy way. It'll take all new fuel and burn that first, then burn the older fuel (fat). When you

are on a low carbo way of life, it takes longer for your body to turn your protein into glucose, so NEVER LET YOURSELF GET HUNGRY And shaky. The glucose is turned into energy. Your brain needs energy. So make sure you eat.

I'll repeat that:

When you get an urge to eat, EAT.

When you go shopping EAT FIRST and take a list with you

Read all labels

Nutrition Facts

Serving Size: 1 Level Scoop

Servings Per Container: ~36

Amount Per Serving % Daily Value*

Total Calories 90

Calories From Fat 0 0

Total Fat 0 g 0%

Saturated Fat 0 g 0%

Cholesterol <5 mg 1%

Sodium 60 mg 2%

Potassium 120 mg 4%

Total Carbohydrates 0 g 0%

Dietary Fiber 0 g 0%

Sugars 0 g

Protein 23 g 45%

Calcium 160 mg 15%

Phosphorus 75 mg 8%

Magnesium 20 mg 6%

YOUR main interest on the label is Carbohydrates and Fiber - Carbs minus the Fiber is your true carb count per servings. Always make sure you know what a serving is for what you are eating.

A good target is to work on 20 carbs per day. then see if your body can do more. Do it carefully. Mine doesn't let me get past 16. I have friends who can do 40 without any problem. You'll have to see how carbo tolerant your body is by testing.

Get the ketones in, and keep count of your carbs.

Aspartame is not good for you. You can continue losing weight, but, aspartame triggers your sugar tooth. It also gives many people headaches. There are Splenda (tm) drinks out, that taste like fruit. READ the labels, and drink that instead of the cokes you have been drinking. But, if you must have your soda pop, then do so. This life style is not meant to punish you.

You will end up having some aspartame, like in diet jellos, but there is no sense over doing it.

Things you may notice on this diet are heat flashes. The body is a furnace. don't worry, fan yourself and drink water.

Dizziness can happen for some people. Rest, drink water, and eat. You are not going to get fat on this diet. You will more than likely rid yourself of gas, heartburn, and sluggishness. Stick it out. If you continue to not feel well, try adding a few extra carbs, like one small cracker with a dab of peanut butter with some soymilk (as above) - or add some chicken broth.

You should feel better in no time.

KEEP A JOURNAL.

Nothing works better than writing down your thoughts, what you eat, how you feel and what exercise you have achieved.

It's also great to write down things that trigger you to start wanting to eat a lot of food. (Low carbo diet is great for binging)

The reason is: You naturally start losing your appetite on a low carbo diet. You are not eating tons of sugar that make you want to eat more sugar. (Whoever said that sugar will kill a person's appetite? I haven't a clue, but I certainly do not believe it)

Plan if you are going out to Eat

On a low carbo diet you will run into pitfalls. You will go out to eat and that extra bite of the unknown something like looks good, puts you over the edge and knocks your ketones out.

When eating out, stick to salad, mayonnaise for dressing, steak, broiled fish. Maybe, a bit of half and half in your coffee would be pleasant. Plan for your eating out. You know you are going to see foods you'd like to stuff down your face. Don't do it! Order real cheese. Get extra olives, or celery. Ask the waitperson to see if the kitchen has cauliflower or broccoli. Most restaurants will work out something to accommodate your needs.

Now, that more people are doing low carbs, it is not unusual to restaurants anymore to see people saying NO to potatoes and yes, to veggies.

Beware of innocent looking killer foods. Ketchup - high in carbs - even steak sauce can be deadly. Read those labels.

PLAN YOUR VISITS TO Family, friends and parties.

Bring a veggie tray. Put cheese and nuts, even boiled eggs into cellophane baggies and take it with you.

There is no reason to feel deprived at events. You can have deviled eggs, cheese, veggies, and meats. In fact, most places have lots of munchies that are perfect for you.

There are also low carbo places to buy special foods, such as pancake mix, and syrup, keto shakes and other things.

Get creative and read your 300 recipe book!

There are wonderful high fiber cereals and low carb products that you can stock your cupboards with.

Check them out here:

<http://fazzles.com/lowcarbs>

You'll find nights where you crave crunchy, (walnuts are good) a small handful of peanuts can take the edge off. Keep creamy stuff in your refrigerator that you can eat, such as jellos made with mayonnaise, celery and nuts. It gives you crunch, smooth, cool, and sweet.

If you start craving sugar, eat a pickle. Pickles are great to offset a sugar craving.

You can make chocolate. You don't have to suffer. Hershey's Cocoa has very little carbs.

Here is a place you can do some online shopping for specialty foods.

<http://www.fazzles.com/lowcarbs>

Also, there is such thing that is not advertised much, but it is called something like a carbo shock.

Basically, you'll hit weight peaks, where it seems you go days without losing anything. If it has been three weeks, go ahead, PIG OUT on all the things you ever wanted to eat, and get back to the basic diet the next morning.

You'll gain about six pounds, but those pounds will disappear within four days and the chances are you'll continue to lose.

Low carbo eating is not a good idea to be 3 days on, 2 days off 3 days on. It does not work that way. You need to stay on for at least three weeks at a time, and no more than one day off.

Plan to stay on for three weeks, you will find that eventually it just becomes natural to you to not even look at things that you are not allowed to eat, because there is so much more. You can continue losing weight. Each time you change your eating pattern to the old ways, you set yourself back a few days from your goal. Remember that!

Regarding alcohol, you can drink, it'll knock your ketones out, but they will be back in the next day. By drinking, beer, alcohol. if mixed, mix with diet soda, and/or drink wine.

So, you'll lose a day of losing weight, but won't be sent back to the drawing board. Do be warned, when drinking it is a lot harder to say no to things. Also, if you drink too much, you'll be starving in the morning and very thirsty.

So, keep at this, reach your goal. As you reach you goal and you dream to eat like a "normal" person, just remember it was eating like a "normal" person that got you fat in the first place.

However, as new thinner person, you'll be doing more exercises. Just get a tape measurer, and watch that scale. If you want to weigh 130 pounds, then stay on until you are 125 pounds, as soon as you step off, you will gain. JUST keep watch.

As you get closer to your goal, you can start eating carbs, pushing them to 40/50. Then to maintain, you might even do just fine on 100. After 20, one hundred is a lot :)

You can also start learning eating modification as you reach your goal. Keep that journal, notice what causes bingeing. Notice what puts you on tilt.

Learn to not eat in front of the television. Learn to take more exercise, or longer faster walks. When rewarding yourself, learn not to associate your reward with food. Get a new outfit, new shoes, new lipstick or a new hat, football, key chain. Whatever you have promised yourself.

" When we look at a statue of someone great we think they've got something we don't. We are trained to think that only a tiny percentage of us have the stuff it takes to be a hero. Not many of us will cure any diseases or slay any dragons, but every single one of us, EVERY SINGLE ONE OF US, is called to be a king, a queen, a hero in our ordinary lives. We don't build statues to worship the exceptional life, we build them to remind ourselves what is possible in our own."

--- Author Unknown ---

That's the end of this special report.

Good Luck and Stay Focused!

Teresa King

<http://www.fazzles.com>

Home, Work, and Creative Living