LowCarbIsEasy.com

Making the low carb lifestyle easy

Why you should consider a low carb or low GI diet

How a low carb or low GI diet could be the answer to your weight loss problem and improve your health too

Jackie Bushell
www.gooddietgoodhealth.com

Contents

1 What this book is about 5

2 Diets in perspective 6

In the beginning were – low carb diets 6
Low calorie diets come into fashion 6
Low calorie diets become low fat too 6
Low carb diets – the return 7
Low GI diets are next 8
But low carb has not gone away 8

3 About low carb diets 9

Which diets are low carb 9
The Atkins and other low carb diets – how they work 9

4 About low GI diets 13

Which diets are low GI 13
Low GI diets – how they work 13

5 Low carb / GI diets are not just for losing weight 15

Diabetes 15
Heart disease 15
Syndrome X and PCOS 15
Acne 16
Food sensitivities or allergies and yeast overgrowth 16

6 Low carb diets – the evidence 17

Low carb diets work 17
Low carb diets are better for weight loss than low fat diets 18
Low carb diets are better than low fat for the heart 19
Low carb diets are better for diabetes 20
Low carb diets do not cause bone loss 20

© Copyright Jackie Bushell

High protein diets do not damage the kidneys 21
Ketosis is not dangerous 21
Low carb diets are helpful for PCOS 22
The Atkins Diet compared to the Zone, Ornish and LEARN diets 22
Low carb diets – their place in healthy eating advice 22

7 Low carb and low GI diets and healthy eating 24

Why you may not need to worry what your doctor says 24
Low carb and low GI diets – healthy eating of the future 25

8 What you eat on low carb 26

Eliminate or reduce carbohydrate-dense foods 26
Stay away from processed foods 26
Focus on 'good' fats 26
How many carbs? 26

9 What you eat on low GI 28

Reduce carbohydrate-dense foods 28
Stay away from processed foods 28
Low fat or 'good' fats 28
How many carbs? 28

10 What to do next 30

Step One – Deciding which diet is best for you 30
Step Two – Get a diet plan for your chosen diet 31
Step Three – Plan your menus 31
Step Four – Find a good cookbook 31
Step Five – What to do if your diet is not working 32
In conclusion 32
Tell your friends about this free book! 32

Version 5, May 2010

Tell your friends about this free book!

I think the information in this book is so important that I want everyone to have it. That's why I'm making it available free. You can send it to a friend by clicking www.lowcarbiseasy.com/friendwhylowcarb.htm.

About the author

Jackie Bushell is a committed long term low carb dieter, with many years' practical experience of low carb and other special diets. The founder of GoodDietGoodHealth.com (www.gooddietgoodhealth.com) and LowCarbisEasy.com (www.lowcarbiseasy.com), she is an experienced special diets cook and author of the Low Carb / Low GI Cookbook (www.lowcarbiseasy.com/cookbook.htm) and the Stone Age Diet is Easy Cookbook (www.specialdietsareeasy.com).

Jackie has also written a self-help book for people struggling to lose weight which incorporates the most up to date scientific knowledge about the hormonal and other barriers to weight loss and how to overcome them called Why Can't I Lose Weight (www.dietplateau.com). She has also published the Easy Guide to the HCG Diet (www.hcgdietiseasy.com).

Disclaimer

The information in this book is not intended as a substitute for professional medical advice. It is recommended that you check with your family physician before embarking on any significant change in diet or exercise. This is particularly important if you have a medical condition of any kind or are taking any prescribed medicines. The author accepts no liability for readers who choose not to obtain their own professional medical advice.

Copyright and distribution

This e-book is intended to be distributed free of charge to individuals on condition that it is distributed in its entirety. It may not be copied, transmitted, reproduced on a web page or otherwise made available in part only or in serial fashion without the express permission of the copyright owner. Copyright remains with the copyright owner at all times.

If you know someone who you think would be interested in the content of this book, then please go to www.lowcarbiseasy.com/friendwhylowcarb.htm. This will enable you to email free download details of this book to them.

1 What this book is about

Current government advice for losing weight focuses on reducing calories and fat. The problem with the standard low calorie/low fat 'healthy eating' diet is that it is also high in carbohydrates, and around 60 per cent of people have difficulty in losing weight on such a diet.

This book explains how a more effective method of weight loss dieting has revolutionised the dieting world in recent years. As we'll see later, the critical factor is insulin. Insulin is the hormone or chemical messenger which tells our bodies to store energy from our food. It also prevents our energy stores (our bodily fat) from being released when we try to lose weight. Carbohydrates are the foods which trigger insulin release, and eating lots of carbohydrates causes an exaggerated insulin response in many people. Diets low in carbohydrates such as the Atkins Diet and their close relations the low GI (glycemic index) diets take this hormonal factor into account. As a result, millions of people have discovered that these diets are much more effective at helping them to lose weight than low calorie/low fat diets.

Nevertheless, you may have concerns about low carb diets because they are not low in fat, and most healthy eating advice says that the only diet for a healthy heart is a low fat one. The facts are that low carb and low GI diets are more likely to prevent heart disease than low fat diets are. It is constantly raised levels of insulin, not fat, which are increasingly being seen as the culprits in heart disease. Low carb and low GI diets are also successfully being used to prevent, treat and even cure type 2 diabetes. This all makes sense, because a low carb or low GI way of eating is closer to the diet that we have evolved to eat over many thousands of years. Our bodies have simply not had time to evolve to handle the high carb, high GI diet full of refined carbohydrates that we have only been eating for the last fifty years at most.

This book will help you sort the real scientific facts from the inaccurate information and myths that abound about low carb and low GI diets. You will also learn how it takes many years for official government healthy eating advice to change and catch up with the latest scientific understanding. If you are the kind of person who likes to find things out for yourself, and make your own mind up about something that is of the utmost importance to your health now and in the future, then this book is for you.

In the next chapter we look briefly at some dieting history, because this helps to explain why low carb diets are not yet universally accepted as 'healthy eating', despite mounting scientific evidence that they are equally or even more healthy than the standard low calorie/low fat diet.

© Copyright Jackie Bushell

2 Diets in perspective

In the beginning were – low carb diets

Until the 1800s, carrying excess pounds had not been a common problem and any diets that did exist involved little more than cutting down on the quantity of food. The earliest structured slimming diet was the Banting Diet. It was named after an Englishman called William Banting who was unable to lose his considerable excess weight until he took his doctor's advice to restrict all sugars and starches. He was so delighted at his weight loss that he wrote a pamphlet entitled 'Letter on Corpulence Addressed to the Public', published in 1862.

The British Medical Association attacked Banting's diet, claiming that as he was not a scientist it had no scientific value and would not work for other people. Nevertheless, this early low carb diet became very popular and was followed successfully by people all over the English-speaking world. The Banting diet remained the main approach to losing weight until low calorie diets appeared in the 1920s.

Low calorie diets come into fashion

The concept of the calorie was only invented in the 1890s, by an agricultural chemist named Wilbur Atwater. It was not until 1917 that the idea that 'calories in must equal calories out' took hold, and formed the basis of the calorie counting approach to weight loss. The low calorie approach has remained the dominant view of most weight loss experts to this day, despite a stream of studies ranging from Kekwick & Pawan in 1957 to Brehm and colleagues in 2003 which showed that simply reducing calories is not the best way to lose weight for many people.

Low calorie diets become low fat too

In the 1950s and 1960s, a low fat approach became almost inextricably entwined with counting calories as a method of dieting. This came about for two main reasons:

- Firstly, researcher Ancel Keys concluded (incorrectly, as it turned out) that cholesterol is a cause of heart disease, saturated fat causes a rise in cholesterol, and therefore saturated fat causes heart disease. As a result, keeping fat intake as low as possible soon became a key principle of popular healthy eating thinking.

- Secondly, calorie counting nutritionists had calculated that, as fat contains nine calories per gram while carbohydrates and protein contain only four, decreasing fats

© Copyright Jackie Bushell

was an easy way to significantly reduce calories at one stroke. This reasoning was however lost on many consumers, who came to the simplistic but scientifically incorrect belief that eating fat is what makes you fat.

Ancel Keys' research and conclusions that high fat diets cause heart disease have since been shown to be flawed. Scientist Dr George Mann, a researcher in one of the most important studies on diet and health ever to take place called the Framingham Heart Study, declared 'Saturated fat and cholesterol in the diet are not the cause of coronary heart disease. That myth is the greatest scientific deception of this century, perhaps of any century.' However, once the idea that heart disease is caused by a high fat diet entered popular belief it proved almost impossible to reverse and even experts such as Dr Mann have failed to get the message through.

Low carb diets – the return

Attempts had been made over the years to change the now popular view of low calorie/low fat as the only healthy way to eat and lose weight. Dr Mackarness' 'Eat Fat and Grow Slim' Diet, often considered to be the father of low carb dieting (if Banting was the grandfather), dates back to the 1950s. The first version of the Atkins Diet dates back to the 1970s. These low carb diets were reasonably popular for a time but dieters were soon warned off them by the medical profession, still believing that any diet that did not restrict fat must be dangerous for the heart. As a result, low calorie/low fat diets continued as the only recognised way to lose weight for the next quarter of a century, despite a significant rise in overweight and other related illnesses during this time.

It was not until the late 1990s that Dr Atkins published a revised, less strict version of his diet and triggered the change in popular dieting that became known as the 'Atkins Revolution'.

People who had had little success in controlling their weight long term with the traditional low calorie/low fat diets discovered that restricting carbohydrate could be a far more effective method of both losing excess weight and keeping it off. There were additional advantages: they could eat more and they no longer suffered the hunger pangs, lack of energy, weakness, headaches, cravings and feelings of control and deprivation they had experienced with calorie/fat restriction. Even more importantly, the food they were allowed was more palatable.

Many people also found that other health issues such as high blood pressure, high triglycerides, digestive problems, joint problems and other complaints improved on low carb. Those with type 2 diabetes often found they achieved better control of their blood sugars (very important for their long term health) and many were able to reduce or stop taking their diabetic medications.

The issues that had worried the medical profession about the Atkins Diet previously had been dealt with by Dr Atkins in his updated diet book. Unfortunately, many members of the medical profession and media aired their views about the diet without reading the new book. As a result, low carb diets were frequently misunderstood and misrepresented. The Atkins Diet in particular got an undeservedly bad reputation,

© Copyright Jackie Bushell

fuelled by massive but often scientifically incorrect media coverage of its alleged dangers.

Nevertheless, new research soon began to disprove these dangers, at the same time challenging many long-held beliefs about what constitutes 'healthy eating'.

Millions of people witnessed the success of the low carb approach for themselves. With the new ease of communications over the internet, they were able to access information and debate it, forming their own opinions rather than accepting the views of obesity 'experts' who were often unaware of the latest research.

Low GI diets are next

It was at this point that a new wave of insulin control diets appeared. The media hype surrounding the Atkins Diet and low carb diets in general was receding at last and the first of the low GI (glycemic index) diets was poised to take their place. Although they were based on the same science of blood sugar and insulin control, low GI diets had a significant advantage over low carb diets. They complied with the two crucial aspects of official healthy eating advice which low carb diets could not: eat low fat and eat lots of complex carbohydrates.

Dubbed 'the acceptable face of low carb', low GI diets enjoyed a respectability in the eyes of the mainstream medical profession and the media which the Atkins and other low carb diets had been unable to attain. Little credence was given to the thought that official healthy eating advice, the measure against which the Atkins and low carb diets were judged, could be wrong.

But low carb has not gone away

Low carb may no longer be front page news, but it has most certainly not gone away. Millions of dieters have tried low carb diets, found they work and are still following them.

The official position in the UK and many other countries continues to be that until more evidence is available about long term safety, a place for low carb diets is not yet justified in government healthy eating advice. However, as more and more studies demonstrate the effectiveness and safety of low carb diets, it is only a matter of time before they are recognised as a healthy alternative to the standard low calorie/low fat weight loss diet.

In the next chapter we look in more detail at low carb diets and the science that supports them.

© Copyright Jackie Bushell

3 About low carb diets

Which diets are low carb

The Atkins Diet is probably the most well known and widely used low carb diet, but other examples include:

- The New High Protein Diet by Dr Charles Clark
- Barry Groves' Eat Fat Get Thin Diet
- The South Beach Diet
- Dr Richard Mackarness' Eat Fat and Grow Slim Diet
- SugarBusters
- The Carbohydrate Addict's Diet
- Protein Power
- The Paleo Diet
- Neanderthin
- The Zone
- The Go-Diet
- Life Without Bread
- The Eskimo Diet
- The Stone Age Diet
- The Schwarzbein Principle
- The Specific Carbohydrate Diet
- Fat Flush Plan
- The Radiant Health Programme
- Your Fat Can Make You Thin
- The Insulin Control Diet.

The Atkins and other low carb diets – how they work

The thrifty gene

Opinions differ greatly on what causes overweight and in consequence how to tackle it most effectively. Official UK health advice, as in most other countries, continues to focus on reducing calorie and fat intake, despite soaring obesity levels since the low calorie/low fat approach has been promoted. Declining physical exercise has been suggested as an important cause and this has recently led to more emphasis on increasing exercise as well as reducing calories.

© Copyright Jackie Bushell

Other experts, such as Dr Robert Atkins, author of the Atkins Diet, had been saying for decades that the low calorie/low fat diet approach is wrong for up to possibly 60% of the population. This is due to the way in which our bodies are programmed to store food – the so-called thrifty gene – a gene that is no longer necessary for survival in modern societies of abundance. The Atkins view is that a low *carbohydrate* diet is both more effective for weight loss and more healthy in the long term for this group at least.

The popular view is that the Atkins Diet and other low carb diets are crash diets that are unhealthy on various counts and impossible to follow long term. The reality is that these diets are frequently misunderstood and misquoted. Based on nutritional and hormonal principles which receive little or no attention in the training of medical professionals, they have up until now been treated with disdain by the mainstream medical establishment. The one-size-fits-all low fat/low calorie approach to weight loss and healthy eating has been the accepted truth for so long that it has taken the dieter-led low carb revolution to present a serious challenge to this view of what constitutes a healthy diet.

The fundamental principle behind the Atkins and other low carb diets is controlling insulin, often dubbed the 'fat storage hormone'. A very simplified explanation of the blood sugar/insulin regulation system is as follows: carbohydrate foods (starches and sugars such as flour, potatoes, rice, white sugar, cornstarch, fruits etc) are converted by digestion to a form of sugar called glucose. The rising levels of glucose in the blood trigger the pancreas to release the hormone insulin. It is the job of insulin to keep the blood sugar levels stable, acting as the switch in the process by which excess glucose is removed from the bloodstream and, if not needed for immediate energy, converted into fat for storage.

This storage mechanism was extremely useful at earlier stages of mankind's evolution. It enabled early man to survive in between his irregular and unpredictable meals. Unfortunately, this storage mechanism is not so useful where food, and carbohydrate in particular, is constantly in abundance. Our bodies were not designed to be fuelled by the highly refined carbohydrate-dense foods such as white sugar and flour that are now the staple foods of the western world. In time, the process of evolution might result in a population genetically adapted to such a diet, but this would take millions of years, not the mere decades that such foods have been available to us in the quantities in which we consume them today.

What insulin does

The result for many is a constant outpouring of insulin, which has four main consequences:

- Firstly, it encourages your body to store and to hold on to excess energy, making it easy for you to put on weight yet be resistant to losing it.
- Secondly, too much insulin may be released in response to a meal high in carbohydrates, sending your blood sugar too low. This creates the desire to eat

once again. Since carbohydrate-dense foods such as sugar, refined flour and heavily processed rice and potato products give the quickest boost to the blood sugar level, these are the foods that you tend to seek. Unfortunately the effect only lasts for a short time and very quickly, you are trapped in a cycle of eat – feel hungry – eat again. For many people, this effect is very much like an addictive drug, causing cravings which make dieting or even just controlling their eating effectively doomed from the start.

- Thirdly, you may become insulin resistant, meaning that your body has to produce more and more insulin to get the same effect. This constant overproduction of insulin risks wearing your pancreas out. Once you get to the point where you can no longer secrete sufficient insulin, you are diabetic.

- Fourthly, there is a growing body of evidence that it is these constantly high levels of circulating insulin that are the real culprits in creating much of the damage that results in heart disease (in both diabetics and non diabetics).

Ketosis

By cutting carbohydrate intake to an extremely low level, your body can be made to 'change gear' and start raiding its fat stores for energy. This has various advantages for someone on a weight loss diet, not least because it suppresses hunger and allows more energy to be used up for the same calorie intake. Ketones are excreted as a harmless by-product of this process. Being 'in ketosis' is a natural state and is not harmful, although many health professionals initially believed it was dangerous because they confused it with ketoacidosis (a serious complication of uncontrolled diabetes).

Of the numerous low carb diet variants, some are ketogenic (make you to go into a state of ketosis) and some not. Of the ketogenic type, the Atkins Diet is probably the best known and most widely used.

Optimal nutrition means optimal health

Many low carb diets, the Atkins Diet in particular, also stress the importance of optimal levels of vitamins, minerals, 'good' fats and other nutrients if our hormonal systems, including those that regulate our weight, are to work properly. Nutritionally-focused low carb diets such as the Atkins Diet explain that there is a big difference between the amounts of vitamins and other nutrients needed to prevent the obvious deficiency diseases such as rickets and scurvy and the amounts needed to ensure that all the body's processes can function as well as possible.

It is also the Atkins view that there are long term health benefits for the rest of the population too in replacing refined carbohydrates such as white flour and sugar with wholegrains and other unprocessed and wholefoods (ie the 'good' carbs – foods low on the glycemic index – see below). This belief is shared by an increasing band of medical researchers and physicians. Amongst these figure respected endocrinologists (hormone specialists), cardiologists (heart specialists), diabetes specialists, nutritional medicine practitioners and leading authorities on the metabolism of carbohydrates and fats.

© Copyright Jackie Bushell

The basic premise of most low carb diets is therefore to provide you with a healthy way to eat, boosted by nutritional supplements if necessary, which is tailored to your individual metabolic needs.

Low carb diets have some close relations, low GI (glycemic index) diets, which are based on the same principle of keeping blood sugar and insulin levels on an even keel. We look at how these differ from low carb diets in the next chapter.

© Copyright Jackie Bushell

4 About low GI diets

Which diets are low GI

The most well-known low GI diet is probably Rick Gallop's The G.I.Diet. Other examples of low GI diets include:

- The Glucose Revolution Life Plan
- The Low GI Diet Revolution
- The Good Carb Diet Plan
- Good Carbs Vs. Bad Carbs
- NutriSystem Nourish
- The Simple 0-to-1 GI Diet
- The Glycemic Index Made Simple

However, not all diets which are based on low GI principles refer to themselves as low GI diets. The South Beach Diet is one example and the Montignac Diet is another. The Montignac Diet was in widespread use, particularly in France and Canada, many years prior to the advent of the 'low GI' diets as we know them today. Even more confusingly, some low carb diets such as the Atkins Diet include mention of low GI principles.

Low GI diets – how they work

Low GI diets are based on the same principle as low carb diets – keeping blood sugar and insulin levels on an even keel. However, instead of focusing on the total carbohydrate count of a food in order to do this, they focus on its 'glycemic index'. This is a measure of how quickly it makes your blood sugar rise. A low to moderate glycemic food causes a slow rise in blood sugar and a moderate release of insulin. A high glycemic food increases the blood sugar concentration quickly and triggers the release of a large amount of insulin.

Using the glycemic index to anticipate the effect on the blood sugar/insulin control mechanism of particular foods has its disadvantages, not least because foods with different indexes may be eaten together. Other factors affecting the glycemic effect of a food include the size of the food particles, the duration of cooking and the amount of fibre, fat or protein it contains.

The big difference between low carb and low GI diets is that on low GI diets you are allowed more starchy vegetables, fruits, pulses and wholegrains from the outset whereas many low carb diets only allow these 'good' carbs after an initial, stricter period.

© Copyright Jackie Bushell

The 'good' carbs are then added back gradually into the diet according to the individual's ability to tolerate them, which is the crucial point. Some people have a blood sugar/insulin control mechanism so out of balance that even these 'good' carbs may cause them to put on weight. If you are one of these people, then you would do better on a low carb than a low GI diet.

Low carb diets are also better at dealing with food allergy/intolerance and yeast overgrowth problems, which are other factors that can prevent you from losing weight.

Most people think of low carb or low GI diets only as methods of losing weight. In the next chapter we see how they may help prevent or cure many other health problems too.

© Copyright Jackie Bushell

5 Low carb / GI diets are not just for losing weight

So far this book has discussed weight loss as a reason for doing a low carb or low GI diet. But these diets may help to treat or prevent a whole host of other disorders. These include:

- Diabetes
- Heart disease
- Syndrome X and PCOS
- Acne
- Food intolerances/allergies and yeast overgrowth

Diabetes

At best, constantly high insulin levels may make it difficult you to lose or maintain weight. However, if the overproduction of insulin is allowed to continue, your cells become resistant to the insulin and more and more insulin needs to be produced to get the same effect. Ultimately your stressed pancreas may stop producing enough insulin or give up altogether. At this point you have full-blown type 2 diabetes.

Diabetics are currently advised to eat a low GI but high carbohydrate diet. However, Dr Atkins was just one of a number of medical professionals who believe that most cases of type 2 diabetes are best treated, and can often be reversed, by simply avoiding the cause of the problem – a carbohydrate intake that the individual is unable to handle.

Heart disease

There is a growing body of evidence that constantly high levels of insulin may have a significant part to play in creating the damage that results in heart disease (and not high fat intake as is commonly believed). So basing your diet on carbohydrates, as the current healthy eating guidelines suggest, may be entirely the wrong advice for you if you have a tendency to overproduce insulin.

Syndrome X and PCOS

A low carbohydrate way of eating is increasingly being seen as beneficial in a number of other insulin-related conditions. These include Syndrome X (a group of symptoms which

© Copyright Jackie Bushell

carries a high risk of heart disease) and PCOS (polycystic ovary syndrome). The Syndrome is estimated to affect up to 20 per cent of the overweight, diabetic and prediabetic population in the US and UK. PCOS is a condition which causes fertility and other problems, affecting approximately 5 million women in the US and 1 million women in the UK.

Acne

Some dermatologists now believe that teenage acne is related to insulin levels. A low carbohydrate diet could potentially be recommended to the 90 per cent of teenagers who are affected by this problem if this link is proved.

Food sensitivities or allergies and yeast overgrowth

Food sensitivities or allergies and overgrowth of yeasts such as candida which are normally present in the gut are increasingly recognised as a cause of ill-health by many nutritional and environmental medicine practitioners. They are considered to play an important role in many chronic health problems from headaches and indigestion to arthritis, irritable bowel syndrome and obesity. The literature demonstrates the largely unrecognised prevalence of these conditions and explains how they can be caused or fuelled by over-consumption of refined carbohydrates.

Dr Atkins and various other low carb diet authors believe that food sensitivities and yeast overgrowth improve with a low carb diet. Certainly, many low carb dieters report that in addition to losing weight they find other health problems linked to food sensitivities and yeast overgrowth improve or disappear.

In the next chapter we look at the scientific evidence supporting the effectiveness and safety of low carb diets and demonstrating that the current low fat, high carbohydrate focused healthy eating guidelines may be wrong.

© Copyright Jackie Bushell

6 Low carb diets – the evidence

When the Atkins Diet became phenomenally popular in the early 2000s, there were not many independent scientific studies supporting its effectiveness and safety, although there was plenty of clinical evidence – for instance, the records of Dr Atkins' patients going back many years. Since then more trials have been done and the results of those published so far have shown that low carb diets such as Atkins are very effective. Moreover, far from being dangerous for the heart as many people had feared, low carb diets have been found to *improve* risk factors for heart disease such as triglycerides, cholesterol and blood pressure. Below are the summarised conclusions from a few of the most important studies.

Low carb diets work

'Much scientific and anecdotal data demonstrate favorable metabolic responses to very-low-carbohydrate diets. We believe that very-low-carbohydrate diets merit further study for weight loss, and that criticisms of these diets lack scientific evidence.'

Volek, J.S., Westman, E.C., 'Very-Low-Carbohydrate Weight-Loss Diets Revisited,' *Cleveland Clinic Journal of Medicine*, 69(11), 2002, pages 849-862

'The low-carbohydrate diet produced a greater weight loss (absolute difference, approximately 4 percent) than did the conventional diet for the first six months, but the differences were not significant at one year. The low-carbohydrate diet was associated with a greater improvement in some risk factors for coronary heart disease …'

Foster, G.D., Wyatt, H.R., Hill, J.O., et al., 'A Randomized Trial of a Low-Carbohydrate Diet for Obesity,' *The New England Journal of Medicine*, 348(21), 2003, pages 2082-2090

© Copyright Jackie Bushell

'Participants on a low-carbohydrate diet had more favorable overall outcomes at 1 year than did those on a conventional diet. Weight loss was similar between groups, but effects on atherogenic dyslipidemia and glycemic control were still more favorable with a low-carbohydrate diet after adjustment for differences in weight loss.'

Stern, L., Iqbal, N., Seshadri, P., Chicano, K.L., Daily, D.A., McGrory, J., Williams, M., Gracely, E.J., Samaha, F.F., 'The effects of low-carbohydrate versus conventional weight loss diets in severely obese adults: one-year follow-up of a randomized trial', *Ann Intern Med*, 2004, 140:778-785

Low carb diets are better for weight loss than low fat diets

'Severely obese subjects with a high prevalence of diabetes or the metabolic syndrome lost more weight during six months on a carbohydrate-restricted diet than on a calorie- and fat-restricted diet, with a relative improvement in insulin sensitivity and triglyceride levels, even after adjustment for the amount of weight lost …'

Samaha, F.F., Iqbal, N., Seshadri, P., et al., 'A Low-Carbohydrate as Compared With a Low-Fat Diet in Severe Obesity,' *The New England Journal of Medicine*, 348(21), 2003, pages 2074-2081

'A very low carbohydrate diet is more effective than a low fat diet for short-term weight loss and, over 6 months, is not associated with deleterious effects on important cardiovascular risk factors in healthy women.'

Brehm, B.J., Seeley, R.J., Daniels, S.R., D'Alessio, D.A., 'A Randomized Trial Comparing a Very Low Carbohydrate Diet and a Calorie-Restricted Low Fat Diet on Body Weight and Cardiovascular Risk Factors in Healthy Women', *The Journal of Clinical Endocrinology and Metabolism*, 2003, 88(4), pages 1617-1623

© Copyright Jackie Bushell

'This study shows a clear benefit of a VLCK over LF diet for short-term body weight and fat loss, especially in men. … These data provide additional support for the concept of metabolic advantage with diets representing extremes in macronutrient distribution.'

Volek, J.S., Sharman, M.J., Gómez, A.L., Judelson, D.A., Rubin, M.R., Watson, G., Sokmen, B., Silvestre, R., French, D.N., Kraemer, W.J.,.'Comparison of energy-restricted very low-carbohydrate and low-fat diets on weight loss and body composition in overweight men and women', *Nutrition & Metabolism*, 2004, 1:12

Low carb diets are better than low fat for the heart

'It is speculated that high saturated fat very low carbohydrate diets (VLCARB) have adverse effects on cardiovascular risk but evidence for this in controlled studies is lacking ... Isocaloric VLCARB results in similar fat loss than diets low in saturated fat, but are more effective in improving triacylglycerols, HDL-C, fasting and post prandial glucose and insulin concentrations.'

Noakes, M., Fost, P.R., Keogh, J.B., James, A.P., Mamo, J.C., Clifton, P.M., 'Comparison of isocaloric very low carbohydrate/high saturated fat and high carbohydrate/low saturated fat diets on body composition and cardiovascular risk', *Nutrition & Metabolism*, 2006, 3:7

'A recent report of Krauss et al. (AJCN, 2006) … clearly confirm that carbohydrate restriction leads to an improvement in atherogenic lipid states in the absence of weight loss or in the presence of higher saturated fat. In distinction, low fat diets seem to require weight loss for effective improvement in atherogenic dyslipidemia.'

Feinman, R.D., Volek, J.S., 'Low carbohydrate diets improve atherogenic dyslipidemia even in the absence of weight loss', *Nutrition & Metabolism*, 2006, 3:24

© Copyright Jackie Bushell

'Low-carbohydrate diets have been advocated for weight loss and to prevent obesity, but the long-term safety of these diets has not been determined… We evaluated data on 82,802 women in the Nurses' Health Study … Our findings suggest that diets lower in carbohydrate and higher in protein and fat are not associated with increased risk of coronary heart disease in women.'

Halton, T.L., Willett, W.C., Liu, S., Manson, J.E., Albert, C.M., Rexrode, K., Hu, F.B., 'Low-Carbohydrate-Diet Score and the Risk of Coronary Heart Disease in Women', *New England Journal of Medicine*, 2006, 355:19, 1991-2002

Low carb diets are better for diabetes

'The Low Carb Ketogenic Diet improved glycemic control in patients with type 2 diabetes such that diabetes medications were discontinued or reduced in most participants.'

Yancy, W.S., Foy, M., Chalecki, A.M., Vernon, M.C., Westman, E.C., 'A low-carbohydrate, ketogenic diet to treat type 2 diabetes', *Nutrition & Metabolism*, 2005, 2:34

'Advice on a 20 per cent carbohydrate diet with some caloric restriction to obese patients with type 2 diabetes has lasting effect on bodyweight and glycemic control.'

Nielsen, J.V., Joensson, E., 'Low-carbohydrate diet in type 2 diabetes. Stable improvement of bodyweight and glycemic control during 22 months follow-up', *Nutrition & Metabolism 2006,* 3:22

Low carb diets do not cause bone loss

'Although the patients on the low-carbohydrate diet did lose significantly more weight than the controls did, the diet did not increase bone turnover markers compared with controls at any time point. Further, there was no significant change in the bone turnover ratio compared with controls.'

Carter, J.D., Vasey, F.B., Valeriano, J., 'The effect of a low-carbohydrate diet on bone turnover', *Osteoporosis International*, 2006, Vol 17, Number 9, 1398-1403

© Copyright Jackie Bushell

High protein diets do not damage the kidneys

'Evidence suggests that protein-induced changes in renal function are likely a normal adaptative mechanism well within the functional limits of a healthy kidney… At present, there is not sufficient proof to warrant public health directives aimed at restricting dietary protein intake in healthy adults for the purpose of preserving renal function.'

Martin, W.F., Armstrong, L.E., Rodriguez, N.R., 'Dietary protein intake and renal function', *Nutrition & Metabolism*, 2005, 2:25

Ketosis is not dangerous

'The present study shows the beneficial effects of a long-term ketogenic diet. It significantly reduced the body weight and body mass index of the patients. Furthermore, it decreased the level of triglycerides, LDL cholesterol and blood glucose, and increased the level of HDL cholesterol. Administering a ketogenic diet for a relatively longer period of time did not produce any significant side effects in the patients. Therefore, the present study confirms that it is safe to use a ketogenic diet for a longer period of time than previously demonstrated.'

Dashti, H.M., Mathew, C.M., Hussein, T., e.t al., 'Long Term Effects of a Ketogenic Diet in Obese Patients,' *Clinical Cardiology*, 2004, 9(3), pages 200-205.

'This study shows the beneficial effects of ketogenic diet following its long term administration in obese subjects with a high level of total cholesterol. Moreover, this study demonstrates that low carbohydrate diet is safe to use for a longer period of time in obese subjects with a high total cholesterol level and those with normocholesterolemia.'

Dashti, H.M., Al-Zaid, N.S., Mathew, T.C., Al-Mousawi, M., Talib, H., Asfar, S.K., Behbahani, A.I., 'Long term effects of ketogenic diet in obese subjects with high cholesterol level', *Mol Cell Biochem*, 2006, 286(1-2)1-9

© Copyright Jackie Bushell

Low carb diets are helpful for PCOS

'In this pilot study, a Low Carb Ketogenic Diet led to significant improvement in weight, percent free testosterone, LH/FSH ratio, and fasting insulin in women with obesity and PCOS over a 24 week period.'

John C Mavropoulos, J.C., Yancy, W.S., Hepburn, J., Westman, E.C., 'The effects of a low-carbohydrate, ketogenic diet on the polycystic ovary syndrome: A pilot study', *Nutrition & Metabolism*, 2005, 2:35

The Atkins Diet compared to the Zone, Ornish and LEARN diets

'Premenopausal overweight and obese women assigned to follow the Atkins diet, which had the lowest carbohydrate intake, lost more weight at 12 months than women assigned to follow the Zone diet, and had experienced comparable or more favorable metabolic effects than those assigned to the Zone, Ornish, or LEARN diets … a low-carbohydrate, high-protein, high-fat diet may be considered a feasible alternative recommendation for weight loss.'

Gardner, C.D., Kiazand, A., Alhassan, S., Kim, S., Stafford, R.S., Balise, R.R., Kraemer, H.C., King, A.C., 'Comparison of the Atkins, Zone, Ornish, and LEARN diets for change in weight and related risk factors among overweight premenopausal women: the A TO Z Weight Loss Study: a randomized trial', *JAMA*, 2007, 297(9):9

Low carb diets – their place in healthy eating advice

'Very low-carbohydrate diets (VLCDs) are popular, but remain controversial. Considering the effectiveness of VLCDs in promoting fat loss and improving the metabolic syndrome, discounting or condemning their use is unjustified. We encourage a more unbiased, balanced appraisal of VLCDs.'

Volek, J.S., Sharman, M.J., Forsythe, C.E., 'Modification of lipoproteins by very low-carbohydrate diets', *J Nutr.*, 2005 Jun;135(6):1339-42.

© Copyright Jackie Bushell

In the next chapter we see how, far from being yet another fad in the world of dieting, low carb and their close relations low GI diets are set to become the healthy eating of the future.

7 Low carb and low GI diets and healthy eating

The focus of low carb diets is undoubtedly on reducing carbohydrates. Less well recognised, however, is the fact that they emphasise the importance of optimal nutrition, the harmful effects of the man-made fats called trans fats, food additives and chemical residues and the value of unprocessed and whole foods. Even so, the mainstream medical world has been slow to accept low carb diets. This is because they run counter to the accepted truth that the only safe and effective diet is a low calorie/low fat and therefore high carbohydrate one.

Low GI diets also focus on reducing carbohydrates, substituting high-fibre unprocessed and whole foods for carbohydrate-dense refined carbohydrates such as sugar and white flour. However, low GI diets allow more carbohydrates and less fat than low carb diets, which means that they do not challenge traditional medical thinking as much. As a result, the mainstream medical world has been more willing to accept low GI diets as an alternative to the standard low calorie/low fat weight loss diet.

Nevertheless, new studies that demonstrate the effectiveness and safety of low carb diets are forcing a change in medical opinion that goes to the very heart of our understanding of how weight loss works and what constitutes 'healthy eating'. Low carb diets have not only helped millions of people who have failed to lose weight on the standard low calorie/low fat diet, they are also being used to treat, prevent and even cure diabetes and other health problems. With proven science increasingly supporting them, they are not fads but nutritionally and hormonally based methods of weight control that work, are safe and are here to stay.

Why you may not need to worry what your doctor says

Most medical professionals have little time to update themselves on the latest dietary research and many are therefore poorly informed about the science behind low carb diets. Others are more knowledgeable about them and may even have had favourable experiences themselves, although they may stop short of recommending them to their patients until such time as they are endorsed by official healthy eating advice.

As long term studies present their results confirming that low carb diets are effective and safe, and training in nutritional medicine becomes more widespread, medical professionals may feel able to openly promote low carb diets. In the meantime, a shift towards the new way of thinking is evident, in that many doctors and nutritionists are incorporating low GI if not low carb principles into their recommendations for weight loss and healthy eating.

© Copyright Jackie Bushell

Low carb and low GI diets – healthy eating of the future

Unfortunately, the revision of official healthy eating advice will not happen for some time to come. This is because significant changes cannot be made until government health departments have collected many years' worth of data demonstrating that improvements in the health of large numbers of people are reliably produced by making such changes.

In the meantime, the revolution in the world of dieting continues. The Atkins Diet has now been proven successful at producing weight loss and improving lipid (blood fat) levels, despite the mainstream medical world's claim that this was scientifically impossible. True, the extraordinary media attention which surrounded the Atkins and other low carb diets in the early 2000s has vanished, giving the appearance that Atkins and low carb was just a fad which went the way of all fads. But low carb has not gone away. It still has its many supporters, quietly following the diet and enjoying the health benefits it has brought them.

The low carb revolution is about people discovering a weight loss solution that suits their own metabolism and making their own minds up about whether it is safe or not. With proven science now increasingly supporting what the authors of the Atkins and similar diets are saying, it is clear that low carb and low GI diets are set to be seen as 'healthy eating' in due course, complementing if not superseding the low calorie/low fat diet of the current official healthy eating guidelines.

In the next chapter we look at what you eat on a low carb diet.

© Copyright Jackie Bushell

8 What you eat on low carb

Eliminate or reduce carbohydrate-dense foods

On low carb diets, the aim is to eliminate or reduce carbohydrate-dense foods such as white flour, white rice and potatoes and eliminate sugar in all its forms. The ultimate low carb foods are those generally bought in their raw or natural state such as meat, poultry, fish, eggs, salads, non-starchy vegetables and the lower carb nuts and seeds. These can be cooked or dressed with a moderate quantity of ‘good’ fats and oils. Most low carb diets, Atkins included, recommend that these foods make up the basis of the diet.

Stay away from processed foods

Since the Atkins and many other low carb diets emphasise the importance of optimal nutrition, the focus is on unprocessed foods with the minimum of synthetic additives – ‘eating clean’, as some low carbers say. Pre-packaged foods are not seen as appropriate for regular use on most low carb diets, for this reason.

Focus on 'good' fats

Low carbers are not generally concerned with limiting cholesterol, nor do they limit their overall fat intake. This is particularly true of Atkins dieters. They are however likely to be selective, favoring ‘good’ fats such as olive and fish oils, and avoiding foods containing 'bad' fats such as trans fats.

How many carbs?

Low carb diets vary in the level of carbs allowed per day. The bottom line is probably that some people do perfectly well on the less strict diets (40 to 60 or even 90 grams per day) whilst those with a lower tolerance need to restrict themselves to 15 to 20 grams per day or less. The daily allowance is usually divided up as evenly as possible into 3 meals and 2 snacks or 5 smaller meals.

Many of the diets follow the Atkins format of starting at a low level of carbs then gradually increasing them. In this way you find out your individual carbohydrate limits for losing and then maintaining your weight whilst broadening your food choices into high carb foods such as nuts and seeds, fruits, pulses, wholegrains, pasta and brown rice as much as possible.

© Copyright Jackie Bushell

The Atkins Diet starts with the Induction stage at 16 to 20 grams of carbohydrate per day. This usually lasts for two weeks, although you may continue at this level for many months if you have a lot to lose and your individual tolerance is low. Otherwise, you increase your daily allowance by 5 gram increments on a weekly basis.

Long term maintenance levels of carbs vary greatly according to an individual's metabolism and activity level, but the majority of long term low carbers probably keep to between 40 and 90 grams of carbohydrate per day. Those on the higher, maintenance levels are recommended to spend the extra carbs on nuts and seeds, the higher carb vegetables, fruits, pulses and wholegrains rather than heavily processed high GI foods such as cakes, desserts and snacks containing white flour, white rice and sugar.

Other low carb diets may allow higher amounts of carbohydrate foods throughout but the basis of the diet will be much the same as the Atkins Diet.

For further details on what you eat on low carb diets, a free diet plan is available at www.lowcarbiseasy.com/dietplans.htm and menu plans are available at www.lowcarbiseasy.com/menuplan.htm.

In the next chapter we look at what you eat on a low GI diet.

9 What you eat on low GI

Reduce carbohydrate-dense foods

On low GI diets, the aim is to reduce carbohydrate-dense foods such as white flour, white rice, potatoes and sugar just as it is on low carb diets. However, starchy foods with their original fibre content intact such as wholegrains are encouraged on low GI, whereas on low carb these starchy foods are only allowed in the later phases of the diet, and then only if the individual dieter can handle them without gaining weight.

Stay away from processed foods

Since most processed foods are full of refined carbohydrates which have a high GI, low GI dieters are encouraged to stay away from them, just as low carb dieters are.

Low fat or 'good' fats

Low GI diets are generally more concerned with limiting fats than low carb diets are. Some are in effect low fat as well as low GI diets, whilst others distinguish between 'good' and 'bad' fats and only limit the 'bad' ones.

How many carbs?

Low GI dieters do not count carbs. They simply choose foods which have low to medium GI scores and avoid foods which have high GI scores. Low GI diets (and to a great extent low carb diets too) mean a return to the type of carbohydrate foods that our great-grandparents ate - the 'good' carbs - plenty of whole grains such as barley and oats, dried peas and beans, root vegetables and whole fruits.

Our great-grandparents didn't have the processed foods made from highly refined white flour, sugar and other processed grains that have become our staple foods today. They were also more physically active than we are, with few labour-saving devices in the home, no cars to take them everywhere instead of walking and no highly automated industrial and agricultural production methods. In consequence, our great-grandparents were able to keep their blood sugar levels in a steady state, much in the way that nature intended.

Although the 'rules' may look different, the foods you eat on a low GI diet are very similar to those you eat on a low carb diet such as the Atkins Diet. Both approaches involve the avoidance of carbohydrate-dense highly processed foods. Both approaches encourage

© Copyright Jackie Bushell

lots of healthy salads and vegetables (although the Atkins Diet is often misquoted as not allowing vegetables and fruits).

A low GI diet can approximately be achieved by following the typical 'healthy eating' diet promoted by government but choosing carbohydrates which fall towards the lower end of the GI scale. In other words, substituting foods such as sugar, cakes, biscuits, white bread and rice, sweets, starchy vegetables, sugary drinks and fruit juice with sugar-free whole grains, whole fruits, pulses, nuts and seeds and non-starchy vegetables.

Another way to look at it is that all foods allowed on a low carb diet are permitted on a low GI Diet because foods that are low in carbs cannot have much of a glycemic effect. So on low GI you can for instance use recipes developed originally with low carbers in mind. (However, it does not necessarily work the other way round – many low GI diet recipes are fine for low carbers, but some of them may contain a higher level of carbs than the individual can tolerate, if the dieter is very carb-sensitive.)

For further details on what you eat on low GI diets, a free diet plan is available at www.lowcarbiseasy.com/dietplanlowgi.htm and menu plans are available at www.lowcarbiseasy.com/menuplan.htm.

In the next chapter we look at how to choose the best diet for you, and how to get started.

10 What to do next

Step One – Deciding which diet is best for you

There are hundreds of different diets around, but it comes down to a basic choice between restricting calories (low calorie/low fat diets) or controlling blood sugar and insulin levels (low carb and low GI diets). If the standard low calorie/low fat diet has failed to work for you in the past, then you are probably one of the up to 60 per cent of people who experts believe need to restrict carbs instead of or as well as calories to lose weight.

If you feel this is you, then there is a further choice to make – whether to go for a low carb or a low GI diet. As I explained before, the crucial difference relates to your individual ability to handle carbohydrate foods. You could always start with a low carb diet such as the Atkins Diet and progress through the stages of the diet until you find your own level of tolerance for carbs. If your tolerance turns out to be reasonably high, then your diet at that point would be virtually indistinguishable from a low GI diet.

On the other hand, you could start with a low GI diet, recognising that you might need to move to a low carb diet if your tolerance for carbs turns out to be fairly low.

Deciding which diet to follow is not a quick or simple process unless you have all the important information to hand, written in an unbiased, clear and concise way. Unconnected commercially with any specific diet, the Easy Guide to Low Carb, Low GI & Low GL Diets provides impartial information to help you decide which diet to choose. I wrote this guide as an experienced dieter myself to explain all you need to know about low carb, low GI and the closely related GL (glycemic load) diets and why they might work better for you than the traditional 'healthy eating' low calorie/low fat diet.

The Easy Guide helps you through the process of deciding which type of diet to follow, getting prepared and getting started. It explains all you need to know, guiding you to the choice that most suits your needs and lifestyle. It also provides you with enough information to do a low carb, low GI or low GL diet without going to the expense of buying specific diet books.

You can find out more about the Easy Guide to Low Carb, Low GI & Low GL Diets at www.lowcarbiseasy.com/easyguide.htm.

Step Two – Get a diet plan for your chosen diet

The next step is to find out what to eat on your chosen diet. To help you with this, you can get a free:

- low carb / Atkins diet plan at www.lowcarbiseasy.com/dietplans.htm
- low GI diet plan at www.lowcarbiseasy.com/dietplanlowgi.htm

Step Three – Plan your menus

Now that you know what kinds of food you should eat on your diet, you'll probably want to know how you can combine those foods into delicious meals and plan your menus. Visit www.lowcarbiseasy.com/menuplan.htm for details of how you can get a:

- 14-day menu plan for Atkins induction and other low carb diets, which is also suitable for low GI diets, and a
- 21-day menu plan for low GI diets.

Step Four – Find a good cookbook

Whether you decide to go for a low carb or low GI diet, it's important to ensure you can keep yourself motivated to stay on your diet. Many people think that low carb and low GI diets mean they will be deprived of their favourite foods. It often comes as a surprise for instance that on low carb you can still have bread, quiche, cauliflower cheese, chicken risotto, ice cream, cake, cookies or even chocolate éclairs.

You can't always get low carb or low GI versions of these foods ready-made from the supermarket. And there are few restaurants which offer low carb meals. But cooking them yourself doesn't need to take up a lot of your time, or require advanced cooking skills. It also has the advantage that your food will be free of the man-made chemicals that food manufacturers add to their products to artificially enhance their taste and extend their shelf-life.

The most important thing is to find a cookbook containing tried and tested quick and easy recipes which take full advantage of low carb and low GI substitute ingredients to give you the foods you most miss. These are the ones that many low carb or low GI cookbooks conveniently ignore – recipes that require more expertise to convert such as bread, cakes, cookies, ice cream, pies, sauces, quiches, rice dishes and desserts. When choosing your cookbook, check the contents list carefully. Many low carb and low GI cookbooks disappoint because they simply repeat recipes you could find in 'normal' cookbooks and leave out the very recipes that you are hoping to find to satisfy your cravings for your favourite foods.

The free recipes in internet recipe rooms and forums can rarely give the assurance of being tried and tested. Not so with the Low Carb/Low GI Cookbook. The recipes in this Cookbook are tried and tested by me personally over many years as a low carber. They

are all original, simple to follow, quick to prepare and suitable for Atkins, low carb and low GI diets. To find out more, visit www.lowcarbiseasy.com/cookbook.htm.

Step Five – What to do if your diet is not working

Most people find some success in losing weight on a low carb diet. But the human body is a very complex organism, and there are many reasons why diets don't always succeed initially. I had exactly this problem myself, and spent many years researching why I wasn't losing weight. I discovered that the reason is not necessarily the diet itself, or a lack of willpower on the part of the dieter. It can be (for example) vitamin and mineral deficiencies or hormone imbalances. There isn't room to go into all the factors that can prevent weight loss in this book, but the knowledge I gleaned from countless hours of studying the scientific research is explained in detail in my book called Why Can't I Lose Weight – The Real Reasons Diets Fail And What to Do About It. You can find this at www.dietplateau.com.

In conclusion

I hope that this book has helped you understand the science behind low carb and low GI diets and clarified any issues about which you might have had concerns. More and more research studies are concluding that these diets are safe and effective, and may even be more healthy than the current low fat/low calorie 'healthy eating' diet. Unfortunately, this is not well recognised as yet by mainstream medicine - but that is not a good reason for you to be denied accurate information about them. If you are the kind of person who likes to find things out for yourself and make your own mind up about something that is of the utmost importance to your health now and in the future, then you're the person for whom I've written this book, and I wish you every success.

Tell your friends about this free book!

I firmly believe that as many people as possible should have the opportunity to read this information. If you know someone who you think would be interested in the content of this book, then please go to www.lowcarbiseasy.com/friendwhylowcarb.htm. This will enable you to email free download details of this book to them.

Further resources

Nutrition/diet/health

What are you looking for?	*How we can help …*
News, information and tips about nutrition, diet and health	The Good Diet Good Health Newsletter, articles and blog at http://www.gooddietgoodhealth.com

Weight loss problems

What are you looking for?	*How we can help …*
Finding it difficult to lose weight, whichever diet you are following	There are other mechanisms at work which can prevent you from losing weight, no matter which diet you try. These are explained in Why Can't I Lose Weight – The Real Reasons Diets Fail And What To Do About It, at http://www.dietplateau.com Comes with: ▸ Health-Savvy Supermarket Shopping ▸ Guide to Fat Burner Supplements

Special/allergy diets

What are you looking for?	*How we can help …*
Quick and easy recipes for Stone Age style allergy, exclusion, elimination, rotation and other special diets	The Stone Age Diet is Easy Cookbook at http://www.specialdietsareeasy.com Comes with: ▸ Foods Containing Common Allergens ▸ Substitutes for Common Allergenic Foods ▸ Vitamins and Minerals and the Foods Which Contain Them

© Copyright Jackie Bushell

Low carb/low GI/low GL diets

The following tools to help you achieve successful weight loss are all available from http://www.lowcarbiseasy.com.

What are you looking for?	*How we can help …*
Why you should consider a low carb or low GI diet	Why You Should Consider a Low Carb or Low GI Diet at http://www.lowcarbiseasy.com/whylowcarb.htm
How to do a low carb, low GI or low GL diet	The Easy Guide to Low Carb, Low GI and Low GL Diets at http://www.lowcarbiseasy.com/easyguide.htm
How to do the Atkins Diet	Atkins Diet Plan
How to do low GI and GL diets	Low GI & GL Diet Plan
Finding low carb and low GI / GL recipes	The Low Carb / Low GI Cookbook at http://www.lowcarbiseasy.com/cookbook.htm. All recipes in the Cookbook are suitable for Atkins, low carb, low GI and low GL diets. Comes with: ▸ Easy Guide to Low Carb, Low GI and Low GL Diets ▸ GI & GL Handy Reference Tables ▸ 14-Day Atkins & Low Carb / GI Menu Plan ▸ 21-Day Low GI & GL Menu Plan
Converting sugar to sweetener in recipes	Sugar / Artificial Sweetener Conversion Chart

HCG Diet

What are you looking for?	*How we can help …*
What the HCG Diet is, how it works, whether it is suitable for you and how to do it	The Easy Guide to the HCG Diet at http://www.hcgdietiseasy.com
Recipes suitable for Phases 3/4 (stabilisation and long term maintenance) of the HCG Diet	The Low Carb / Low GI Cookbook at http://www.lowcarbiseasy.com/cookbook.htm. All recipes are suitable for Phases 3/4 of the HCG Diet

© Copyright Jackie Bushell