

## BENEFITS OF A LOW CARB DIET

Carbohydrates or carbs are sugar molecules. High carb foods are grains, starchy vegetables, sweet fruits, etc.

The western American diet is composed of mostly high carb foods.

The low carbohydrate diet that restricts high carb foods has many proven health benefits. Some of them are as follows:

1. Weight loss. The majority of Americans are overweight, which is a cause of most chronic illnesses. Carbohydrates increases the production of insulin which causes the body to store fat. By reducing excessive insulin your body, then, is prompted to burn excess fat reserves.

2. Prevention and management of Type II Diabetes. Maintaining stable blood sugars is critical for preventing diabetes and its complications. Studies have shown that following a low-carb diet consistently results in much lower blood sugars.

3. Reduces risk factors for heart disease. Low-carb diets reduce a variety of risk factors for heart disease such as high triglycerides in the blood and increases the body's good and protective cholesterol HDL.

4. Reduces inflammation. Inflammation is our body's normal immunological reaction to infection. Chronic inflammation, however, creates unpleasant symptoms such as pain, joint stiffness, exhaustion, etc. By lowering abnormally high blood sugars and insulin, it is often possible to reverse chronic inflammation.

5. Improving cognitive performance. Eating a lot of carbs causes unstable blood sugars where you have a difficulty being focused and awake. Low carb diets help control the body's energy levels and boost the brain's capacity to focus.

6. May help fight cancer cells. Studies have shown that diets high in refined carbs and sugars fuel cancer cells and contribute to free radical damage. Obviously, a low-carb diet could be a benefit to anyone undergoing cancer treatment.