

Why I chose the Low Carb Life...

"As I approached middle age, extra weight piled on and none of the healthy diet and lifestyle choices that people typically are told to follow were working to get rid of it. I could eat 500 calories a day or 2000 calories a day and still no change. I tried all the major diet plans out there- nothing helped. I ran out of energy by 2 pm, I couldn't focus, and my back hurt all the time. I was miserable and nothing was working. Then I found information on keto/low carb diets and thought I might as well try it too. The difference was... it actually worked. The weight began to melt, my aches and pains disappeared, my energy returned to levels that were better than when I was in my 20s, my memory and focus improved, and my sweet cravings disappeared. (Proven fact: the less carbs you eat, the less carbs you crave!) I've discovered that "low carb" is a lifestyle, not a diet, and this lifestyle change has made all the difference. It's so good, I'm never going back!"

--Dorothy

Generally, a low-carb diet is considered to be:

- <100g/day = moderate low-carb
- <50g/day = low-carb
- <20g/day = keto

Many like to begin by simply reducing their carbs to a level that is sustainable and weight loss still occurs.

Did you know?

The low-carb life

- reduces inflammation
- reduces the risk factors of cancer, heart disease, obesity and type 2 diabetes
- improves symptoms of diabetes, Alzheimer's and epilepsy