

## Are you suited to a LowCarb diet

Contributed by Mark

For many of us, losing weight can seem like a totally uphill struggle. When you break it down into its single elements, it's not as hard as it seems — and it's certainly not as complicated as many people would like you to think.

Put simply, weight loss can be fast and simple, providing you pick a diet or weight loss plan that is right for you. Truly, we are spoiled for choice as far as LowCarb diets go. It's not that we don't know how to lose weight; it's more that many people just don't know which LowCarb diet to choose.

If you're reading this, you've probably already found out by experience that some diets just don't work for you, and I bet you don't want to waste any more time on yet another diet that's still not going to work for you. Which leads us onto the question:

- Exactly how do you find the right plan that will enable you to quickly and simply get the sort of body that you want? Simply, efficiently and without any fuss.

Many people come to the low-carb dieting type of plan after having tried many others — Weight Watchers, Slimfast or even the cabbage soup diet to name a few. So how do you know if, or not, a low-carb plan is going to work for you?

Let's have a look at three main points that will help you determine if indeed the low-carb type diet is a good diet for you.

### 1. Is it going to work with the person that you are?

Well, simply, every person is different and unique, that's one of the strengths of a low-carb plan. And we all have specific things that we either like or don't like. We all have different levels of experience. Above all, the way our bodies handle what we eat varies from person to person.

If you're a vegetarian, then doing a low-carb plan is going to be quite hard for you, not impossible, but it will take a lot more thought, planning and even ingenuity, to make it work properly. On the other hand, if you like eating meat or dairy then choosing a low-carb plan might be right up your street.

Similarly, if you like eating little and often throughout the day, combining that preference with a low-carb plan could very well mean that you've hit the jackpot as far as diets go.

One of the negative points of the low-carb regime affects those people who like to have instant meals or pre-prepared meals. This is because in part you don't have the same wide variety of choice that you do in other types of plans, say Weight Watchers or low fat diets, and also because the type of

pre-packaged meals that are available, to my mind, are of dubious nutritional quality. So that's something you may want to think about before you embark on a low-carb plan.

However, on the plus side, there are a whole raft of recipe books that will show you how to prepare a number of meals in advance and either freeze them or keep them in the refrigerator ready for use within a day or two. So before embarking on a low-carb diet plan, make sure it ticks all of your boxes.

2. The second point we're going to look at is the proven efficiency of a diet.

Has this diet worked for other people? Does it have a known history?

These questions are important quite simply because if a low-carb diet has worked for other people, then there's a better chance it is going to work for you. Well, the good news is that the low-carb diet regimes do have a proven history, and they have been shown very clearly to work for hundreds of thousands, if not millions, of people around the world.

But again, before you embark on a low-carb diet, make sure you do your homework. Go to the library, get out books by lowcarb dieticians and authors, look through the testimonial sections, just to see if some of the testimonials that you read there seem both realistic and are written or given by people who sound similar to you.

There are also many websites that you can visit, where you can see 'before' and 'after' pictures - which, while not foolproof, are always a good indication of just how efficient the diet is. Along the same lines, when people tell you how much weight they've lost, make sure you find out over what period it was that they lost the weight, and if the number of months given matches your goals, then you know that you stand a good chance of doing something very similar.

3. You get the "I could do that" feeling.

Most of you that know me or have read anything which I've written before, will know that I am an advocate of the simple fact that health starts in the mind. If once you've read about a diet, you fully believe that it can do what you need it do for you, then that's a great start.

If the thought of a new body shape, a new level of fitness, increased energy levels and the ability to do more gets you excited, well then yes, the low-carb diet is probably the one for

you.

The bottom line is, if you want to ensure your diet success, do your homework. Make sure you investigate each of the three points I've covered above as a start, and then get as much material as you can together and read through it conscientiously, so that when you do start your diet, you start it with the greatest chance possible of total success.