

8 Benefits of Low-Carb Diets

(for more details go to draxe.com/low-carb-diet/)

1. Fast Weight Loss

- Produce fast weight loss without feeling hungry or counting calories
- Studies show low-carb diets are more effective for weight loss than low-fat diets
- Keep glycogen stores low or almost empty
- Prevent insulin from being released and storing fat
- Body uses its glycogen stores and starts to use fat stores for fuel

2. Better Cognitive Function

- Typically, there is an inverse relationship between carbs and fats in the diet
- Healthy fats are crucial for brain function, mood control, and hormone regulation
- Low-carb diets promote more healthy fats in the diet

3. Reduced Risk of Metabolic Syndrome and Heart Disease

- Studies show they're more effective and sustainable than low-fat diets in reducing heart disease risks

4. Lower Risk for Type-2 Diabetes

- Low-carb diets are comparable if not better than traditional low-fat/high-carb diets for weight reduction, improvement in the dyslipidemia of diabetes and metabolic syndrome
- Control blood pressure, postprandial glycemia and insulin secretion

5. Help Fighting Cancer

- Dramatically cut down sugar
- Lower intake of grains and processed foods
- Cause immunity to improve as oxidative stress goes down

6. Fewer Cravings and No Going Hungry!

- Turn off the "hungry hormone" ghrelin
- Carbs spike insulin, which leads to food cravings
- Fats and proteins switch on satiety hormones and allow you to go longer comfortably between meals

7. Better Digestion

- Veggies, quality proteins and healthy fats act as fat-burning foods
- Nourish the digestive tract
- Reduce bacterial growth
- Studies show symptom improvements for IBS

8. Better Hormone Regulation

- Balance neurotransmitter function in some people
- Help improve mood
- Balance hormones naturally
- Studies show reduced depressive symptoms, enhanced feelings of well-being, and higher likelihood of long-term obesity treatment compliance