Low Carb Does Not Mean That Carbohydrates by Lisa Beverley

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In the Garden of Eden, Adam and Eve were given everything they need to be healthy and happy. They had a lot of vegetables, fruits, fish and meat. The garden was a buffet of all you can eat healthy foods.

Now when I say all you can eat, I'm not talking about your local pizza buffet or the greasy buffet. I'm talking about a lot of healthy carbs and lean meats.

Yes, you probably knew her, but without a deep fryer or butter and sour cream, potatoes were not a problem. There were no chocolate trees, no potato chip factories, no sweet drinks, and definitely no ice cream.

They were provided with the nutrients that their bodies were created with the need and nothing more. Unfortunately, when they were expelled from the Garden, the path of malnutrition had begun.

As with everything in the story, the man goes forward, backward.

The first warrior weapon of choice was a stone. Look how far we have come from the stone that was used for the first murder. Now we have bombs that can explode entire countries.

Progress? - Maybe not.

In terms of food, we have more options than ever before in history, but a truth has survived since the beginning of time. If you consume more calories than you use, you will gain weight. All diets, no matter how you look, it still works on this principle.

Eating a balanced diet of Adam and Eve, fruits, vegetables and lean meat will allow any person to lose weight.

Add exercise and lose more weight. Even a twenty minute walk will help you lose weight. How many of you walk through a parking lot five or ten minutes to find the closest parking space instead of walking a few extra steps.

Do not deny it, I know you are out there, because I have seen.

I have lived in the South all my life. Yes, we love fried foods, plenty of food tables, and a good dessert, and yes, even the bread.

For centuries our ancestors ate this way and south created the tradition of great southern cuisine. Cook vegetables in meat and could not imagine a meal without crackers or cornbread. My grandmother cooked that way and remember this day meals. My mother cooked this way and can still taste his fried chicken.

The difference is that in those days people do not have to run on a treadmill or exercise equipment use. The exercise was hard work. My mother picked cotton as a youth. My grandmother never had inside plumbing. She worked hard all his life. She spends the calories she was eating for years of cleaning, cooking from scratch, walk from the house out, using a wringer washing machine, and carrying heavy pots of boiling water for bathing and washing dishes.

Yes, in few words I could eat whatever they wanted, and they spend more calories than you take in each day. Today, just do not work as hard. With all our equipment to facilitate the work and manual labor, we simply can not eat like our ancestors did. We can not eat all that fried vegetable fats, bread at every meal and desserts that our ancestors ate. Of course we can, but we will pay the price for weight gain.

My blog is about finding ways to eat healthy without feeling deprived or hungry. Includes recipes I created for my husband and I who follow the guidelines for a diet low in carbohydrates, but are delicious and easy to prepare.

I do not know about you, but if a recipe has more than five ingredients, I move on. Learning to stay home and cook simple, delicious meals will also help you stay away from restaurants where the chef piles your plate with enough food to not only you but the entire table.

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Lisa Beverley writes highly informative and researched articles for end consumers about a variety of a weight loss slimming including
emedies, a health fitness tips and a diet and nutrition tips, slimming, weight loss products, bodybuilding supplements and diet tips.

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