

LowCarb

Energy

THE SKINNY ON LOW-CARBING

Latest research says...

RECIPES

5 CARBS OR LESS

- Chocolate Torte
- New York Cheesecake
- Praline Pumpkin Pie
- Zucchini Muffins

MOVE IT!

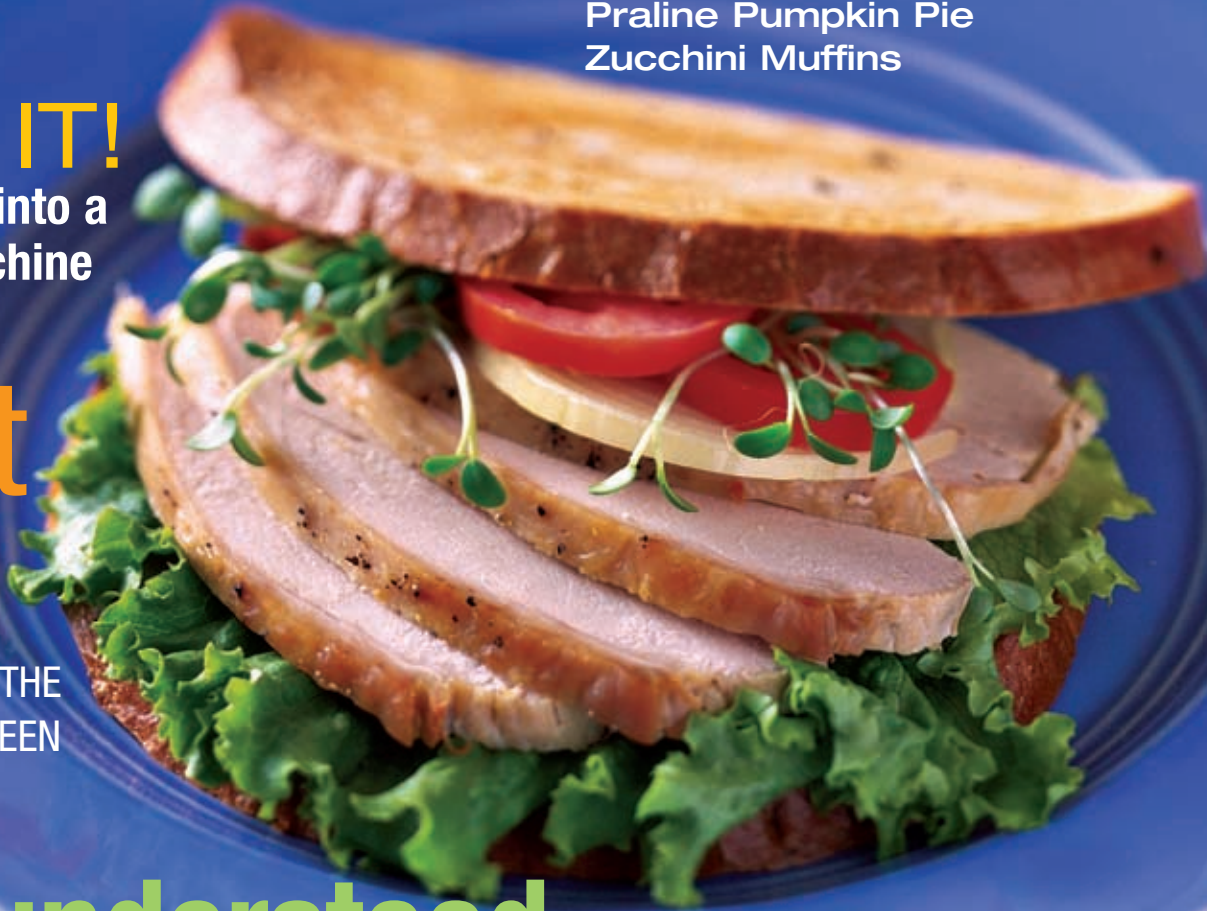
Turn your body into a fat-burning machine

sweet summer

FROM MARGARITAS TO ICE CREAM AND THE BARBECUE IN BETWEEN

MYTHunderstood

Debunking the myths about low-carbing



LOSE WEIGHT, GAIN HEALTH AND OH, THAT ENERGY!

How and why it works



More than

600 LOW-CARB PRODUCTS

were introduced this year, according to Productscan Online, a market research company in Naples, New York.

Product sales could exceed

\$15 billion

this year, Dean Rotbart, editor of *LowCarbiz*, a trade newsletter, told *USA Today*. He says that in 2004, that number may double.

More than

1000 BUSINESSES

currently cater to the low-carb lifestyle, with more companies being formed each day.

In November 2003,

three of the top five

books on the *New York Times* Best-Seller List were about the low-carb diet

About

50 MILLION

Americans have at least tried
a low-carb diet such as Atkins.

— *USA Today*

An estimated

32 MILLION AMERICANS

are on high-protein, low-carbohydrate
diets, according to a September 2003
survey conducted by Health Interactive,
a research firm based in Rochester, New York.

In a study conducted by the T.G.I. Friday's chain,

19%

one out of every five
diners in the casual dining
segment say they are
using the Atkins approach.

***Business Week* reports that analysts estimate
Atkins Nutritionals doubled its revenues in 2003 to**

\$200 million.

LowCarb
Energy

Like most Americans my age, I was brought up on “the four food groups.” By the time the square meal took the shape of a pyramid, researchers began wondering why we’re so plagued by diseases related to nutrition, why we’re so fat — and why we’ve been unable to reverse the trend.

Fast forward a few years, when my fourth child turned one and I was still carrying the extra pounds — baggage that shouldn’t be borne by anyone with my family history of diabetes, heart disease and hypertension. A good friend — even better than I thought, as it turns out — mentioned the low-carb approach that had worked so well for her. She spoke in somber tones of pounds lost, cholesterol ratios improved, blood pressure readings decreased, energy regained.

Despite a breadbasket full of doubt and cynicism, I began cutting those carbs. I was more curious than convinced. This low-carb stuff is a fad, right? One of those goofy schemes that researchers eventually will brand as a grave health threat. Right?

Wrong. *So wrong.*

The days went by and the pounds came off. The jeans got looser, the friends began to notice. But most importantly: I felt better — clearer-headed, more energetic. My “good cholesterol” rose slightly while my “bad cholesterol” took a 30-point nosedive. In the meantime, research increasingly validated this way of eating not just for weight loss, but for general health.

In light of that, some 35 million people are cutting carbs nowadays. But until now, no print magazine addressed the low-carb lifestyle specifically. With *Low Carb Energy’s* debut, we aim to put the *life* into low-carb lifestyle, with information and ideas you can use every day on your journey to wellness. We’ll do our best every other month to bring you the latest on nutrition, tips, inspiration, fitness, weight loss, health — with more than a little fun tossed in. You won’t catch us writing exclusively in terms of weight loss — we know that thin doesn’t necessarily mean healthy or fit. Moreover, “diet” implies something finite — but for low-carbing to yield its full potential, we must approach it as a way of eating for life.

And that’s a lot more fun in the company of others who share your goals. That’s why we also offer you an online low-carb community in which we can discuss what works, what doesn’t, what’s new, what’s best. Our home on the Web offers stories, articles and tools that complement this publication — plus forums in which to share what we all learn together.

This is *your* magazine, the one we know you’ve been waiting for. So do let us know what you want to see here and online. What would help you? What aspect of the low-carb lifestyle do you want to hear more about? We await your input for our second issue and beyond...and for now, it is my great privilege to introduce *Low Carb Energy’s* first issue.

Wishing you good health,
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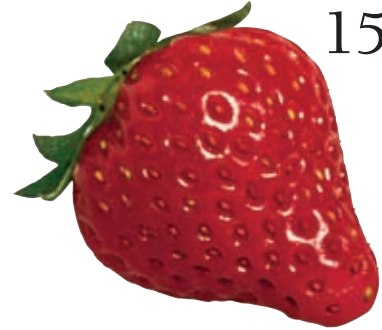
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LOW CARB EQUALS BIG BUSINESS

If everyone seems to be eating low-carb these days, that's probably because they are. According to a recent Supermarket Guru (www.SupermarketGuru.com) survey, a majority of Americans now claim some kind of reduction of carbohydrate in their diets.

This increased consumer awareness is having an impact on every sector of the food and beverage industry, from beer, bread and pasta to meat, eggs and produce. A survey from NPD Foodworld reveals consumption of breakfast foods like eggs, bacon and sausage is at 10-year highs. Even in the hardest hit sector, bread and pasta, sales are strong for low-carb varieties.

ProductScan Online estimates that more than 1,000 new low-carb packaged products have been introduced to meet



growing consumer demand. Until recently, most low-carb products were introduced from low-carb niche companies: Atkins Nutritionals, Keto Foods, LowCarb Success and CarbSense, to name a few. Now, even established players such as Heinz, Hershey's, Russell Stover and Miller Brewing Company as well as restaurant chains are responding to the market and introducing low-carb selections.

Have your cheesecake!

Low-carb desserts are hitting the mainstream marketplace like never before, allowing you to satisfy your sweet tooth without blowing an entire day's carb limit in one sitting. One of the latest desserts to hit the supermarket is Adam Matthews' Low-Carb Sugar-Free Cheesecake, which has just 1 gram of sugar and 3 net grams of carbs per serving. Adam Matthews cheesecakes

can be found in more than 6,000 grocery stores coast to coast. Check www.AdamMatthews.com for a supermarket near you.

— Jennifer Newton Reents



little sweeties

"In general, the smaller the vegetable, the sweeter the flavor. If a recipe calls for 1 pound of zucchini, it's better to buy two small ones instead of one large."

From the December 2003 issue of the Atkins Controlled Carbohydrate Nutrition & Food Newsletter, provided by Atkins Health & Medical Information Services





More and more restaurants offering LC-friendly menus and options

LOW-CARB GOES OUT!

Love dining out but feel restricted to the low-carb safety of your own kitchen? Get dressed in that two-sizes-smaller outfit you've been saving — you're going out. T.G.I. Friday's is now offering an Atkins®-approved menu at its more than 520 international locations — and the popular restaurant is not alone. Other restaurants around the country are offering low-carb menu choices, too:

■ **RUBY TUESDAY** (www.RubyTuesday.com) has unveiled its Smart Eating menu with 30 low-carb choices.



■ Sandwich chain **BLIMPIE** (www.Blimpie.com) has introduced a Blimpie Carb Counter Menu bound to entice bread-wary sandwich lovers.

■ Mexican food chain **DON PABLO'S** (www.DonPablos.com) even offers a margarita on its new low-carb menu.

■ The **HARDEE'S** Low Carb Thickburger (www.Hardees.com) is a 1/3-pound Angus beef wrapped in lettuce, for a carb count of only 5 grams.



Hardee's Low Carb Thickburger

While many restaurants and fast-food chains around the U.S. don't yet feature low-carb menus, many offer "protein-style" entrees for their carb-conscious customers.

"By showing our guests how their favorite foods can be adjusted to fit within a low-carb lifestyle, we are helping them make the best decisions possible while still having fun," says Larry Doyle, a corporate chef on the T.G.I. Friday's culinary team. "Not only did we spend several months working with the Atkins nutritional team to develop low-carb, high-protein menu items with a twist, we spent a great deal of time making sure the dishes would meet our guests' expectations of taste and variety." To view their low-carb menu offerings, visit your local restaurant or www.TGIFridays.com.

— Jennifer Newton Reents

ALMONDS EVERYWHERE!

One serving of 23 almonds contains 3 grams of fiber, 6 grams of protein, and just 1 gram of saturated fat. As if that protein powerpunch weren't enough, the humble almond also gives a body 35% of the daily-recommended Vitamin E intake. Vitamin E is a serious combatant to oxidative stress, meaning it helps protect your body from the nastiness of pollution and free radicals.



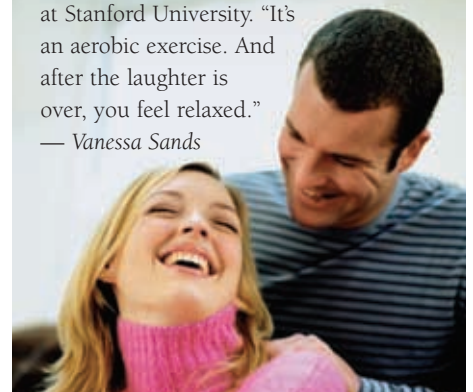
Serve almonds whole or slivered, wherever some extra texture and flavor are called for. Try tossing a handful onto your salad to give it real staying power. Sprinkle the nuts over stir-fries or a whole-grain side dish for a boost of iron!

And for something really different — finely ground almonds or almond meal makes a great substitute for wheat flour! "[Ground almonds are] rich in monounsaturated oils, vitamin E, calcium, magnesium, potassium, and other beneficial nutrients but light on carbs," say Drs. Michael and Mary Dan Eades, authors of *The Low-Carb Comfort Food Cookbook*. "Ground almonds have just 3 grams of carbs in 1/4 cup. By contrast, 1/4 cup of white flour has 23 grams of carbs and is close to a nutritional zero." You can make your own meal or flour with a food processor or good blender — or simply buy a pre-made product. (The Eades note that you should never buy defatted or partially defatted meals or flours.) For more information on almonds, including recipes, check out www.almondsarein.com. — Michelle Smith

Work that funnybone

Here's some news to make you smile: William Fry, M.D., psychiatrist and leading expert on humor and health, says that 20 seconds of intense laughter doubles the heartrate quickly — a feat that would take about three minutes of strenuous workout on a rowing machine. "We now have laboratory evidence that mirthful laughter stimulates most of the major physiologic systems of the body," says Fry, a leading researcher on the psychology of laughter at Stanford University. "It's an aerobic exercise. And after the laughter is over, you feel relaxed."

— Vanessa Sands



OIL IS WELL

Looking for the perfect oil to complement your meal? Doctors Michael and Mary Dan Eades, together with chef Ursula Solom, say you should choose a cold-pressed oil with no added chemicals. “Reserve high-quality oils to eat unadulterated — for dipping focaccia, on salads, drizzled over tomatoes — or when you have a recipe that really demands a strong, rich taste.” The trio, also the authors of *The Low-Carb Comfort Food Cookbook* (Wiley & Sons, 2002; ISBN 0471267570), further suggest, “Besides extra virgin olive oil, you might want to keep some small bottles of nut oils (walnut, cashew, macadamia, sesame) on hand and try them out, too...Experiment a little with the different tastes of these oils. It’s fun.”

In alphabetical order, here are nine oils they recommend for salads:

1. Avocado oil
2. Almond oil
3. Cashew nut oil
4. Hazelnut oil
5. Macadamia nut oil
6. Olive oil
7. Peanut oil
8. Sesame seed oil
9. Walnut oil



Regaining your yin and your yang

It’s no secret that today’s busy lifestyles can lead to stress-induced headaches. Next time you find yourself with your

aching head in your hands, skip the analgesics and do as the Oriental Medicine specialists do: Restore the flow of your meridians.

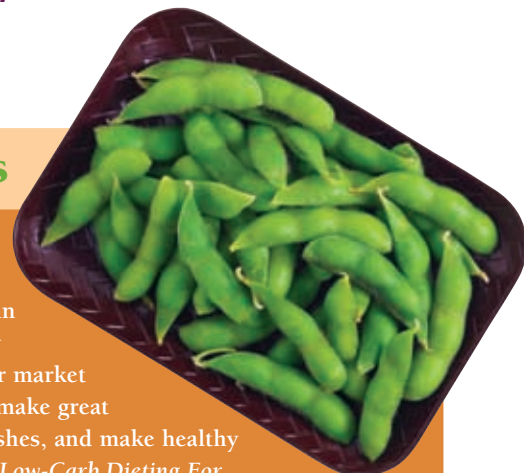
Meridians are pathways through which all the body’s energy flows; when something disrupts this flow, a body can find itself seriously out of sync.

One source of relief is through professional Shiatsu providers, who manipulate the area halfway between the skin and the first layer of muscles to release the blockage within any of the 14 meridians in the body. In this way, it’s possible to reduce headaches, help clear sinuses and loosen neck muscles.

To find some at-home relief, use the pad of the thumb to press in with strong pressure and slowly rotate fingers at the midpoint of your forehead, your temple, and your mastoid process — the jutting bone area just behind your ear. The pressure works to increase circulation of the blood and lymph glands, relax muscles and restore balance. — Michelle Smith

Luck out with legumes

“Legumes are foods like peas, beans and peanuts. They are nutritional powerhouses that add fiber to your diet, are naturally low in fat, are a great source of protein, and are very inexpensive. Look for several varieties at your market including canned, dried, and fresh. Legumes make great additions to salads, serve as excellent side dishes, and make healthy delicious entrees in their own right.” – From *Low-Carb Dieting For Dummies* by Katherine B. Chauncey, Ph.D., R.D. (Wiley, 2003; ISBN 0764525662)





Atkins diet may reduce seizures in children with epilepsy

The Atkins low-carbohydrate diet not only helps some people lose weight — it might even play a role in preventing seizures in children with epilepsy, say researchers at the Johns Hopkins Children’s Center.

In a study of six epileptic patients (including three who were 12 years old or younger), two children and one young adult were seizure-free and able to reduce use of anti-

convulsant medications after following the Atkins regimen for at least four months, according to Johns Hopkins. The study also found that seizure control could be long-lasting on the diet, with the three patients continuing to be seizure-free for as long as 20 months.

The researchers warn, however, that because of the small number of study subjects, their look at the relationship between the Atkins diet and seizure control should not lead to its routine use in children with epilepsy. At this point, the Atkins diet should not be used to replace the ketogenic diet — the rigorous high-fat, low-carbohydrate regimen already proven to reduce or eliminate difficult-to-control seizures in some patients.

“We just don’t know yet how effective the Atkins diet is in reducing seizures or if it comes close to the benefits of the ketogenic diet, but our report raises new questions about the ideal level of calorie and protein restriction imposed by the ketogenic diet,” says the study’s lead author, Eric Kossoff, M.D., a pediatric neurologist at the Children’s Center. “By learning more about how the Atkins diet works to control seizures, we should learn more about which patients may benefit best from either or both of these diets. It may be, for example, that some of those who can’t tolerate the restrictiveness of the ketogenic diet could be helped with Atkins.”

Drink up! Water helps with weight loss

Most diets, low carb or not, tout the fact that drinking plenty of water each day can help increase metabolism and make you feel fuller. But the list of reasons to gulp doesn’t end there.

“Water can decrease your appetite,” says Mara Z. Vitolins, Wake Forest University Baptist Medical Center nutritionist and assistant professor of public health sciences (epidemiology). “It is hard to distinguish between being thirsty and being hungry, so try drinking water and waiting 20 to 30 minutes to see if you’re still hungry.” In other words, if you think you’re hungry, your body might be calling for water instead.

Vitolins says drinking water also may help you cut calories. “Most people drink sodas, coffee and other such beverages and totally disregard drinking plain water,” she says. “Replacing the higher-calorie beverages with plain or flavored water (without added sugar) can significantly reduce calories.” Also, most of these drinks contain caffeine, which she says acts as a diuretic, setting you up for dehydration.

Adequate water consumption is particularly important to the low-carb lifestyle. “Drink til you float,” advise Michael R. Eades, M.D. and Mary Dan Eades, M.D. in their bestselling book, *Protein Power*. “The more water you drink, the more urine you make, the more ketones will pass out of the urine, and the more fat you lose. So drink up!”

So how much water is enough? Vitolins says one way to calculate how much you need is to take your weight in pounds and divide by two. The result is the number of ounces of water you should drink a day. A 125-pound woman needs to drink 62.5 ounces of water each day — just a little more than five 12-ounce glasses, or three 20-ounce bottles. Likewise, a 175-pound man needs five bottles of water.

DON’T REUSE THOSE SINGLE-USE WATER BOTTLES

Don’t reuse those small bottles of water sold as single servings or six-packs. Preliminary research at the University of Idaho has found that single-use soft-drink and water bottles not only contain bacteria buildup but also begin to leach out unwanted chemicals when repeatedly re-used and re-washed. Such bottles are commonly made of polyethylene terephthalate, or PET, which may be considered safe for its intended use but begins to break down when used over and over. One of the toxins the University of Idaho researchers repeatedly found in water samples from the reused bottles was DEHA, a carcinogen regulated in drinking water because it has been found to cause weight loss, liver problems and possible reproductive difficulties. Instead, use a bottle that is designed for reuse and that can be washed in a dishwasher. — Jennifer Newton Reents



BY FRAN MCCULLOUGH

Why

Are We Doing This, Anyway?



LIVING LOW-CARB: THE BASIC IDEA

The objective of all low-carb diets, which date back at least to the early nineteenth century, has always been weight loss. Although plenty of low-fat advocates continue to insist that it's only water that's lost on a low-carb regimen, many patients using it have lost more than 100 pounds in short order. Among the many formerly obese, it's pretty well agreed that low-carb is the most effective, most enjoyable, and most successful over the long term of all the various diets. Despite our government's dictate that we load up on carbs to maintain our health, low-carb books have consistently topped the bestseller charts for nearly a decade. Literally millions of people have followed these diets with no reported ill effects so far. Although low-carb diets are still controversial within the health establishment, they have never been vulnerable to charges like the deaths that have been associated with fen-phen or liquid diets. The theoretical argument will continue to rage, and it's extremely unlikely that any definitive studies will be done anytime soon to settle it.

Why do these low-carb diets work so well when almost nothing else does? For a long time the exact mechanisms weren't clearly understood, but when Drs. Michael and Mary Dan Eades (authors of *Protein Power*) went back to their basic biochemistry texts, they discovered not only the weight-loss mechanism but also the huge number of health benefits that can accrue to many who follow the low-carb path. These include dramatically lowering high blood pressure, levels of the dangerous blood fats called triglycerides, and LDL (bad) cholesterol; controlling diabetes; supplying extra energy throughout the entire day with no up-and-down swings; increasing concentration and focus; enhancing lean body mass with loss of excess body fat; improving immune function; eliminating gout and esophageal reflux; and many other benefits, such as a reversal of inflammatory conditions.

All this happens, the experts in the area now agree, because restricting carbohydrates — sugar and starch in whatever form, from Popsicles to baked potatoes — puts the brakes on insulin, the hormone that's responsible not only for storing fat (and worse, keeping it stored) but also for raising blood pressure, damaging blood vessels, and wreaking other bits of havoc throughout the body for those of us who are genetically predisposed to obesity, diabetes, and heart

cheese, butter, and cream, and many anecdotal tales tell of people consuming up to 3,000 calories a day on such a regime and still continuing to lose weight. Other low-carb diets limit the consumption of fats, or vary the ratios of the kinds of fats consumed.

So, do calories not count? They do and they don't. If you don't have insulin problems and have a normal metabolism but simply eat too much, you can go by the

The nutritional establishment's thinking on the subject of dietary fat has begun to change, partly because the low-fat prescription has had fairly unhappy results, such as continuing rampant obesity throughout the population and childhood diabetes increasing by 20 percent in the last decade. Fertility levels have fallen, which may also be a result of our not eating enough fat, and leading researchers such as Dr. Walter Willett of Harvard have started

Among the many formerly obese, it's pretty well agreed that low-carb is the most effective, most enjoyable, and most successful over the long term of all the various diets.



disease. Incoming sugars and starches require insulin — the more sugar you consume, the more insulin is needed to process it at the cellular level. After an individual has been on a steady high-sugar diet over a number of years, the insulin receptors on his or her cells may become resistant, in which case even more insulin is required to handle the sugar load. Such a person usually develops insulin resistance, sometimes called Syndrome X or hyperinsulinemia, which usually leads to Type II (adult-onset) diabetes. An insulin-resistant person usually has an increased waist-to-hip ratio, high blood glucose levels, high uric acid, high triglycerides, and low HDL (the good cholesterol). There seems to be a genetic propensity to have problems with insulin. If your family tends to gain weight easily, especially in the abdominal area, you probably have this syndrome, and are therefore at risk for the related health problems (if you don't already have them) unless you change your diet.

The only way to cut back on this outpouring of insulin is by reducing your intake of carbohydrates. Since you always need the same amount of protein, no matter what diet you're on — about 0.5 gram for every pound of your ideal weight — you'll obviously eat more fat on a low-carb diet. (Remember, there are only three food groups to choose from: protein, fat, and carbohydrate.) A number of low-carb diets feature enormous amounts of steak,

standard advice: Cut calories and you will lose weight. But if you do have genetic insulin problems, as you probably do if you're from an overweight family, you may not fare as well on a reduced-calorie diet unless you also cut the carbs very far back. Except for the amazing tales of the 3,000-calorie dieters, though, there's no free lunch on a low-carb diet: If you want to lose a substantial amount of weight, you still need to create a caloric deficit, though perhaps not such a dramatic one as if you weren't concentrating on cutting carbs.

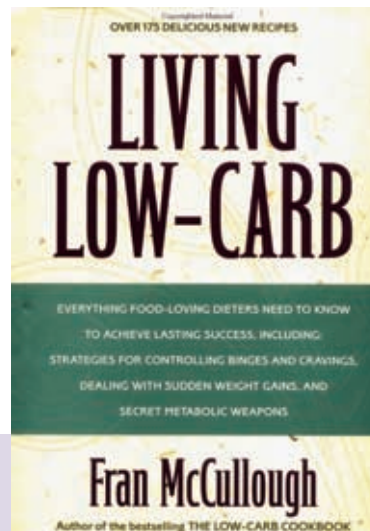
Many people who aren't actually overweight adopt a low-carb diet for health reasons. Some of them are skinny but diabetic; others would prefer to attempt to control their cholesterol or blood pressure without dangerous and expensive medications. The muscular guys you see at the gym eat low-carb to build their lean body mass and minimize fat. Many children with epilepsy have for decades now been given a very successful treatment that involves a no-carb, high-fat diet — not only has their epilepsy been controlled when medication has failed, they've suffered no ill effects from such a drastic regime.

arguing that it's the kind of fat, not the total fat consumed, that makes the difference in weight gain. Willett is comfortable with a diet that's as high as 40 percent fats, as long as those fats are mainly unsaturated.

The fact is, we don't really know very much about human nutrition and metabolism, despite experts' having made claims for "the perfect diet" since the beginning of time. What our species actually evolved to eat, though, is quite like the low-carb diet: protein and fat from small animals and sea creatures and birds, small amounts of carbohydrate from plants and berries and seeds and nuts, and the occasional feast on a major animal. Dairy products are quite recent additions to the human diet, as are agricultural products, which we've had for only 10,000 years — a minuscule amount of time, from an evolutionary standpoint. Many of us may simply not have adapted biologically to this

relatively "new" diet, which may be one reason we feel so good and flourish so well on a low-carb plan.

Needless to say, there are many theories within the low-carb camp, and many different low-carb regimens. If you're seriously thinking about eating this way for the rest of your life — as you should be if you have the insulin problem — you ought to take a look at all of them and choose the one that seems best suited to you. ■



Excerpted from Living Low-Carb by Fran McCullough, published by Little Brown (ISBN: 0316557684). Copyright © 2000.

proper fitness

Most fitness experts agree that losing weight and maintaining the loss can be accomplished with diet and exercise. For those living low-carbohydrate lifestyles, however, moderate, not extreme, exercise is important.

FOR LOW-CARB LIFESTYLES

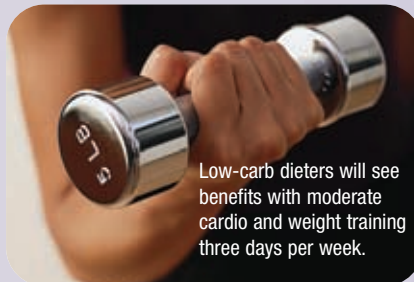
BY JENNIFER NEWTON REENTS

“Doing the proper, mild to moderate exercise while eating low-carb can help your body become a ‘fat burning machine,’” says Derek Alessi, author of *Lose Fat Forever: The Only No-Nonsense Guide to Making Fat Loss Permanent*.

Alessi states that exercise is key to maintaining any weight loss accomplished through diet alone. “I usually recommend my female clients to never exceed 30 minutes of cardio during one day, 20 minutes for men,” says Alessi, who has helped more than 2,000 individuals — from pro athletes to the general public — get in shape. He says low-carbohydrate dieters will see the most benefits with moderate cardio and weight training three days per week.

MODERATE CARDIOVASCULAR

EXERCISE: Walking, biking and swimming about 30 minutes a day are all wonderful for low-carbers. Alessi says you don’t want to do too much cardio at one time because it can have the opposite effect: more fat. “Your body is always looking for the most abundant source of energy. After phosphogens and blood glucose have been depleted, the body can finally shift into stored body fat for energy; this is a good thing,” he says. “However, if too much time is spent performing cardiovascular training, the body will look for a more abundant energy source, which is the muscles... If muscle is lost during long bouts of cardio, your metabolism will be slower.”



Low-carb dieters will see benefits with moderate cardio and weight training three days per week.



WEIGHT TRAINING:

You need only 10 minutes at a time, three days a week, says Jon Gordon, author of *Become an Energy Addict: Simple, Powerful Ways to Energize Your Life* and energy coach (www.energyaddict.com).

If you are eating a low-carb diet, during exercise your body will break down body fat for

fuel instead of carbohydrates. “The process of breaking down your body fat is called ‘ketosis,’ which is associated with a decrease in water in your body,” says Gordon. A strenuous cardio workout will also cause a significant loss of water, due to perspiration. “Without proper hydration, a low-carb diet with strenuous exercise could cause you to become dehydrated,” he says.

“The lower the intensity level [of exercise], the greater percentage of fats the body uses as an energy source,” says Molly Kimball, a registered dietician at Ochsner Clinic Foundation’s Elmwood Fitness Center in New Orleans, explaining that low-carb dieters need a less strenuous workout to see results. “The higher the intensity level of exercise, the greater percentage of carbohydrates the body uses for energy.”

Thirty-three-year-old Monica Rethman of Lawrence, Kansas, has been on a low-carb diet since January 2002. She met her goal of losing 45 pounds and now uses exercise to maintain that loss. “I work out five to six days a week. I run three days a week and do weight training two to three days.”

Michele Blaquiere, 29, of Brooks, Alberta, Canada, has lost 54 pounds so far on a low-carb diet she started in July 2003. “I (joined) a gym about three months after I started the diet because I had so much more energy, and I knew that if I didn’t exercise, I’d have hanging flabby skin,” she says. “I wanted to start exercising so I’d be in a position to tone when I needed to.” Blaquiere visits the gym at least three times a week, walking on the treadmill and using weight machines. “I really find it makes me feel better about myself and more accomplished. And it does help with the weight loss, as well.”

DON’T FORGET TO EAT!

While you may be dieting, you still need to eat every three hours to keep your metabolism up, Alessi says. “Never skip breakfast or any meal. Drink half your weight in ounces of water daily. Limit alcoholic beverage consumption to two servings per week. And pay attention to limiting sugar, certain fats and carbohydrates. Eat a ‘supportive’ meal: lean protein, a slow-releasing carbohydrate and a vegetable, preferably green.”

Stuart Lawrence Trager, M.D., who serves as chairperson of the Atkins Physicians Council (APC), which provides expertise and guidance for the educational information products and programs about the Atkins Nutritional Approach™ says a



CHANGE IT UP

Once you have an exercise plan in place, Alessi says it is important to change your workout frequently — about every three weeks — so that your body does not plateau. “Change your exercise selection, amount of weight or resistance, repetition range, sets and even rest interval,” he says. “It is also good to incorporate big muscle groups and perform exercises that use many muscles such as: Squats, deadlifts, lunges and push-presses.” He says to seek the advice of a personal trainer if you are not familiar with how to perform these exercises.

combination of cardio and resistance weight training provides an effective strategy to improve overall health, preserve muscle mass and combat osteoporosis. Dr. Trager reminds low-carbers who work out to avoid eating snacks or meals before exercise. “This common practice of eating something ‘for energy’ just before exercising has been shown to produce just the opposite effect, by raising blood sugar, which in turn stimulates greater insulin availability that drives the circulating blood glucose into the fat cells for storage, and lowering blood sugar levels,” he says.

Instead, Dr. Trager, who also serves as the founder of Elite Health & Wellness in Philadelphia, recommends eating higher-glycemic meals up to four hours before exercising, or, at the very least, choosing to consume lower-glycemic snacks during that period.

Alessi also advocates healthy snacks between meals to keep your metabolism chugging along, and suggests that those working out should have a protein shake — not protein bars — after working out and even between meals. “I usually look for a shake that contains a few different types of protein (i.e., whey isolates, casein, egg, milk protein isolates) so that maximum absorption is ensured,” he says. “I cannot stress enough for people who are looking to lose weight and fat while eating low-carb to weight train and supplement their nutrition with a good protein powder.”

Be sure you don't forget that your body needs some carbohydrates for energy — it's your most immediate power source. “If you are not eating carbs and [you are] exercising hard and often, then your body is not getting the fuel it needs to support the output of energy,” says Gordon. Some healthy, nutrient-dense carb sources include whole-grain bread, and produce such as apples, oranges and even bananas.

A DAY-BRIGHTENER

“When it comes to exercise and the low-carb lifestyle, many people find that the increased energy and elevated mood as well as lessened gastro intestinal and premenstrual symptoms that followers of this approach experience make exercise and fitness much more enjoyable,” says Dr. Trager. “There is also the dual advantage: As weight is lost, exercise becomes more enjoyable; and with exercise, many individuals find they can increase the amount of carbohydrates they can consume while still losing weight or maintaining weight loss.”

So really, you can eat well, have fun... and still lose (or maintain) your weight. The low-carb lifestyle — that is, both diet and exercise — makes it possible. ■

**Drink half your weight
in ounces of water daily**

Low-carb No-go

Experts agree that low-carb diets aren't recommended for:

- Runners, defined as those who run marathons or train by running or walking many miles several times per week or every day.
- Those on rigorous weight training or other physical training programs.
- People with various medical problems. Always check with a healthcare provider before starting any new nutritional, weight loss or fitness program.
- Women who are pregnant or breastfeeding. Consult a healthcare provider first.

Sweet Spot

TRICKS
FOR
APPEASING
YOUR
SWEET TOOTH

BY EDEN FOSTER

So you have made the commitment to live a healthy, low-carb lifestyle, and things are going great. You feel better and look better than you have in a long time, and you have every intention of continuing your new regime.

But every now and then, that tiny voice in the back of your head becomes an unbearable roar — and you just have to have a piece of cheesecake, a nibble of chocolate, or a slice of pumpkin pie. As they say on *Star Trek*, “Resistance is futile.”

Indulging the low-carb way

The good news is that you don't have to resist. There are plenty of ways to satisfy that craving for something sweet and creamy while still keeping your carbohydrate intake low. “Desserts can be reinvented simply by [replacing] sugar with sugar substitute and eliminating other carbohydrates,” says George Stella, a chef and Food Network personality who lost 265 pounds on a low-carbohydrate diet. “The Low Carb Revolution,” which aired in January on the Food Network, featured the story behind the entire Stella family's dramatic weight loss. Stella's new show will air on the Food Network beginning in April (see www.lowcarbchefs.com for more information).

Stella says that after a few days of following the induction phase of the Atkins Nutritional Approach, you are not only cleansing your body of carbohydrates, “you also are cleansing your memory of how carbohydrates and sugar taste. During that time, your mind will play havoc with you with cravings — but after four to six weeks, your taste buds will have totally changed because your memory is linked to your taste.”

Stella and his wife, Rachel, learned about how people function best on a low-carb eating plan when they began a low-carb home chef program in Kissimmee, Florida. They realized that, for some,

giving up the habit of eating sweets was extremely difficult, so they experimented with different “cravings busters” — satisfying, tasty foods that can be prepared and eaten quickly when the urge to eat sweets strikes:

■ Try some heavy whipped cream made with the sugar substitute Splenda. Put a dollop onto a bowl of strawberries — which have only 1 gram of carbohydrate each — and you have a mouth-watering refresher.



■ Try layering whipped cream with diet gelatin in a pretty tall glass for a parfait. You can even make faux chocolate ice cream by whipping unsweetened cocoa powder into the cream, then freezing it. “We put whipped cream on everything,” says Stella enthusiastically.

■ As a substitute for chocolate-covered raisins, Stella freezes blueberries, then rolls them in a mixture of melted baker's unsweetened chocolate and Splenda, and re-freezes them. “They take longer to eat because they are frozen, and they taste really good,” he says.

■ For something more substantial, slice cream cheese and sprinkle it with Splenda and cinnamon for an “instant cheesecake.”

And you don't have to give up real cheesecake, pumpkin pie, or zucchini muffins, either (see recipes). The trick is to eliminate sugar wherever possible, replacing it with a sugar substitute. Sucralose, marketed under the brand name Splenda, doesn't lose its flavor when heated, so it is perfect for baking. Instead of using a pie crust, Stella recommends pecans sautéed in butter and Splenda.

Chocolate — yes, chocolate

Of course, chocolate lovers need their own special brand of satisfaction, and there are several low-carb ways to meet that need.

“Working in a steakhouse in a city where everyone is concerned about their looks and the latest diet fads, I see the popularity of the Atkins and other low-carbohydrate diets reflected in the orders of diners more and more these days,” says Gerardo Leal, executive chef at Frankie & Johnnie’s Steakhouse in Hoboken, New Jersey. “In response to the dieter’s sweet tooth, I modified the chocolate torte recipe to give these diners something to top off their meal. This is now

one of the more popular dessert choices.”

Leal says that you can skip the sugar altogether if you like, but the torte will be a little less sweet. “If you do this, you will have to bake it a few

minutes longer and it may not hold its shape and possibly not rise quite as well,” he says. “You can also substitute sugar-free or low-sugar chocolate.”

Gayle Reichler has an even simpler way to a chocolate-lover’s heart. Author of *Active Wellness*, soon to be published in paperback by Penguin, Reichler hand-made her truffles starting in 1997. But their popularity soon led her to manufacture and sell them in specialty stores in New York and on the Web at www.activewellness.com.

“The truffle is my little testament that healthy eating can be satisfying and delicious,” says Reichler. Each delectable candy has only 30 calories and 5 grams of carbs. “Anyone on a low-carb eating plan can use them,” she says.

Attesting to their popularity, low-carb sweets are becoming more available in drug and grocery stores across the country. As always, read labels carefully to track your carbohydrate intake.

A low-carbohydrate approach to eating needn’t mean depriving yourself of a sweet finish to a tasty meal. With a few simple adjustments, you can have your dessert — and eat it, too. ■

About the author: Eden Foster is a freelance writer in North Carolina.



Flourless Chocolate Torte

MAKES ONE DOZEN

For the chocolate torte:

- 1 pound butter**
- 1 pound bittersweet chocolate ***
- 1/2 cup granulated sugar**
- 7 eggs**
- 1 teaspoon vanilla**

* Chef recommends Valrhona Chocolate, but any bittersweet chocolate will do.

1. Preheat oven to 350°.
2. Melt butter and chocolate together over low heat. Separate eggs from yolks. Whip egg yolks together with half the sugar to a creamy texture. In a separate bowl, whip egg whites together until they stick to the whip, and fold in remaining half of sugar. Using a spatula, slowly fold chocolate and butter mix into egg yolks. Finally, slowly fold in egg whites into final mixture. Spoon mixture into one dozen five- or six-ounce soufflé containers. Bake for 15 minutes at 350°.

For the mocha sauce:

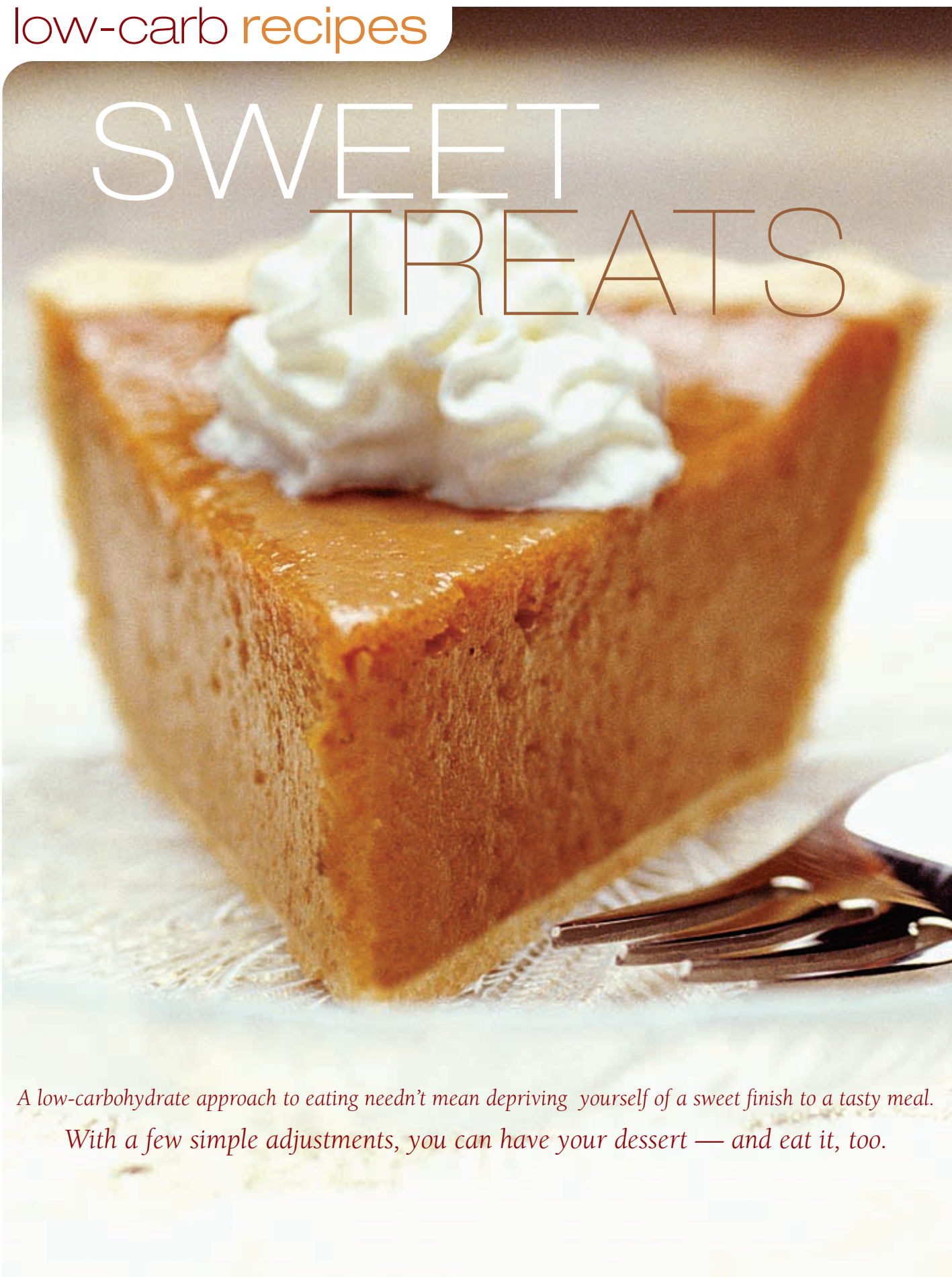
- 1/2 cup chopped semi sweet chocolate**
- 1/2 cup heavy cream**
- 1/2 cup simple syrup**
- Espresso coffee to taste**

1. Bring chocolate, cream and syrup to a boil over low heat. Add espresso to taste. Remove from heat.
2. Serve warm. Drip mocha sauce over tortes. Garnish with powdered sugar and mint leaves.



Recipe by:
GERARDO LEAL,
Executive Chef
Frankie & Johnnie’s Steakhouse,
Hoboken, NJ

SWEET TREATS



*A low-carbohydrate approach to eating needn't mean depriving yourself of a sweet finish to a tasty meal.
With a few simple adjustments, you can have your dessert — and eat it, too.*

<< Low Carb Praline Pumpkin Pie

Recipe courtesy George Stella

Praline Crust:

- 2 tablespoons hot melted butter
- 1/2 cup finely chopped pecans
- 1/2 cup sugar substitute (recommended: Splenda)
- 1/8 teaspoon salt
- 1/8 teaspoon ground cinnamon

Pie Filling:

- 1 (15-ounce) can pumpkin filling (no sugar added)
- 3/4 cup sugar substitute (recommended: Splenda)
- 1 tablespoon and a dash more pumpkin pie spice
- 1 1/4 cups heavy cream
- 4 eggs

Praline Crust Preparation:

1. Preheat oven to 350 degrees F.
2. Mix all crust ingredients together in a bowl. While mixture is still warm from the butter, press evenly into bottom of a deep-dish pie pan. Bake for about five minutes until browned.

Pie Filling Preparation:

1. Preheat oven to 425 degrees F.
2. Place all filling ingredients in a bowl and mix well with a wire whip.
3. Pour filling into pre-baked praline piecrust.
4. Bake pie at 425 degrees F for only 15 minutes, and then turn the oven temperature down to 350 degrees F and continue to bake for an additional 50 to 55 minutes.
5. Test for doneness: Stick a toothpick in the center. If it comes out clean, the pie is done.
6. Cool and chill before serving. Enjoy.

Make it great by topping with real no-sugar whipped cream:

With an electric mixer on high, whip 1 cup heavy whipping cream with 1/4 cup sugar substitute and 1 teaspoon (no-sugar added brand) vanilla until stiff peaks form. (Be careful not to over- whip).

YIELD: 12 servings; 4 grams net carbs per serving
PREP TIME: 20 minutes
COOK TIME: 1 hour, 15 minutes
EASE OF PREPARATION: easy

Low-Carb Zucchini Muffins

Recipe courtesy George Stella

- 12 count muffin pan, sprayed with vegetable oil
- 1 1/2 cups soy flour and another 2 tablespoons kept separate
- 4 tablespoons wheat bran
- 1/2 cup small diced fresh zucchini with skin on
- 3 eggs
- 3/4 cup heavy cream
- 1/2 cup club soda
- 1/3 cup sugar substitute (recommended: Splenda)
- 1 1/2 teaspoons baking powder

1. Preheat oven to 375 degrees F.
2. In a small bowl, mix together the 4 tablespoons wheat bran and the 2 tablespoons soy flour and sprinkle it evenly over each of the 12 cups of the greased muffin pan.
3. In a larger bowl with a wire whip, mix the remaining ingredients until completely blended.
4. Fill each cup only 2/3 of the way with the mix, leaving room to rise, and bake for about 20 to 25 minutes until tops start to brown.
5. Remove and let cool before taking out of the pan. Serve warm with butter or cream cheese!

**HINT: The muffins are done when lightly browned and when a wooden toothpick inserted in the center of a muffin comes out clean.*

YIELD: 12 servings; 2.5 net carbs per serving
PREP TIME: 20 minutes
COOK TIME: 25 minutes
EASE OF PREPARATION: easy

Low-Carb Ricotta New York Cheesecake

Recipe courtesy George Stella

- 1 8-inch springform cake pan, sprayed with vegetable oil
- 24 ounces cream cheese, softened

- 1 cup extra-fine whole-milk ricotta cheese (if not fine, put in a food processor for 1 minute)
- 1/2 cup sour cream
- 1/3 cup heavy cream
- 1 1/2 cups sugar substitute (recommended: Splenda)
- 1 tablespoon vanilla extract (no-sugar-added variety)
- 1 tablespoon fresh lemon juice
- 2 eggs
- 3 egg yolks

Preheat oven and water bath to 400 degrees F.

Water Bath:

1. In a shallow roasting pan big enough to fit the cake pan, put about 1 inch of water and place on the center rack of the oven to preheat.
2. In a mixing bowl, add softened cream cheese, ricotta, sour cream and sugar substitute and beat with an electric mixer on low for about one minute until well blended.
3. In a separate bowl using a wire whip, mix heavy cream, vanilla, lemon juice, eggs and egg yolks until blended.
4. Turn the mixer on medium and slowly pour the egg and cream mixture into the cream cheese and ricotta mixture just until blended and shut off. Do not over- whip.
5. Pour the cake mixture into the greased spring form pan. Place the filled cake pan into the preheated water bath already in the oven and bake for 15 minutes, then LOWER the oven temperature to 275 degrees F and continue baking for another 1 1/2 hours or until top is light golden brown and cake is pulling away from the sides of the pan.
6. Turn the oven off when done cooking and LEAVE the cake in the oven to cool naturally for three hours more. This will keep the cake nice and tall! Then remove and refrigerate before serving.

**HINT: Top with fresh berries just before serving. Strawberries are less than 1 carb each! >>*



YIELD: 12 servings; 3.5 net carbs per serving
PREP TIME: 40 minutes
COOK TIME: 1 hour 45 minutes
EASE OF PREPARATION: moderate

HEALTH

BEAUTY

NUTRITION



Go low-carb and live the high life!



Low Carb Energy magazine is a bi-monthly national publication offering information, recipes, support and other resources to women and men participating in one of the world's leading lifestyles — the low-carbohydrate menu.

With an authoritative yet personable tone, and relevant, timely features, *Low Carb Energy* brings readers everything they need to live a healthy, low-carb lifestyle — that is, except for the food!

Low Carb Energy will be the first print publication of its kind. With enticing covers, gorgeous design, quality information, and unique and exciting features, it will be a reader favorite — and an industry leader — for years to come.

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With its blend of solid, practical advice and supportive inspiration, *Low Carb Energy* offers readers more than a publication. Its realistic menu ideas and can-do attitude foster the success that, in turn, makes the low-carb revolution a driving force in the industries and businesses that serve it.

Every other month, *Low Carb Energy* will motivate readers to embrace a healthy lifestyle. It will also help them navigate the exponentially growing maze of products — from the latest research to the tastiest foods — in the marketplace.

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