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# The Biochemical Logic Behind Low Carb Diet

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Body chemistry plays a very important role in the fat burning process than exercising alone. By focusing on specific hormones and problem related areas will help you to find faster weight reduction results. Insulin is an important element to your weight loss calculation. It stores fat in your body. When you stay away from sugar and starches then your blood sugar remain steady and this biological process in your body reduce the level of fat storing hormone insulin in the blood . Because of less amount of insulin in the blood the FAT BURNING PROCESS increased.

Insulin also modulate the amount of sodium retained in the kidneys. After and as a result of the low carb diet insulin level drops so you can start to see lots of WATER WEIGHT DEPLETION in the first week. In a study that examined body composition , low carb diet increases muscles mass and helps dieters lose large amount of body fat very quickly. It also reduces FIGURATIVE BELLY FAT around the abdominal cavity that is too hard to get rid of.

## The Intense Benefits Of a Low Carb Diet

Here are four unimaginable benefits that can come from equipping a low carb diet.

### You Can Lose Weight Very Rapidly

Research shows that a diet with low carb show very impressive results regarding weight loss and can be recommended for the individuals who are very fat or having the complication of outrageous cholesterol Eating a strict diet with low carb per day has been shown. Reduces desire for sweets and saturated fats. Make you feel more satisfied and please than people consuming a low-fat, high carb diet. Diet with low carb reduces the production rate of fat by liver so following a diet with low carb can lead to a betterment or recovery in the cardiovascular diseases, which include; A reduction in total cholesterol. A reduction in bad cholesterol and an increase in good cholesterol.

### Enhanced Exercise Fulfilment

After starting a diet with low carb some people experience increased exhaustion and below standard performance, the reason for this that your body takes enough time to adapting fat as power source in place of carbohydrate.It happens at the most for one week. When the body started using fat as the main energy source. Eating a diet with low carb for five to six days per week and increasing carb intake for only 1 Or 2 days of the week can be effective by following manners; It Maintains Persistence and performance. It Increases fat oxidation. It Decreases carbohydrate oxidation. It reduces the breakdown of glycogen. Athletes on a diet with low carb performed better then eating carbohydrate enriched diet.

### Your Cognitive Achievement Increases

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When you start eating diet with low carb your , fat becomes the main power or energy source for brain in place of glucose, because your blood glucose level is low it improves brain performance has a lots of impact of glutamate . Glutamate is a neurotransmitter which , in excess amounts, can bring about neuron damage and death and low glucose level reduces the amount of glutamate level. because of this fat as a main power source can offer considerable improvements to cognitive achievement than glucose. Diet with Low carb having ample amount of omega–3 fatty acids, which are essential for proper functioning of brain , flexibility of neuron , cognitive achievements and low stress level.

## **You Can Be Protected From various Diseases**

A diet with low carb can be helpful in the preventing and treating several medical abnormalities and diseases including:

**Heart disease:** After following low carb diet you reduce weight, fat mass and cholesterol. these condition are ideal for your heart so heart diseases are prevented.

**Diabetes:** Diabetes can be prevented and treated very effectively after following a diet with low carb.

**Epilepsy:** High glucose levels can be very harmful in the case of epilepsy . The diet with low carb can be used for the treatment of the children suffering with epilepsy because this diet provides fat as a energy source which decreases glucose level.

**Irritation and Swelling :** A diet with low carb diet can reduce the Inflammation condition of the body.

**Alzheimer's disease:** A diet with low carb diet can be very effective in the prevention of the symptoms of Alzheimer's disease.

**Migraines:** A diet with low carb acts against neuroinflammation which reduces the attacks of chronic migraines.