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Top 10 Articles from CarbSmart Magazine

Leading the Low Carb Community for over 13 years!

CarbSmart Magazine has been publishing articles and information about the low carb lifestyle since 1999. Whether you are following a traditional Atkins Diet, the South Beach Diet or are experimenting with Nutritional Ketosis, we are your trusted guide to the low carb lifestyle. We currently have over 2,000 articles about low carb dieting, diabetes prevention & management, and the paleo lifestyle. Articles include low carb news, product reviews, dieting tips and tricks, inspiration and low carb success stories.

Our team includes:

- Andrew DiMino, Publisher, President & Founder
- Dana Carpender, Managing Editor and author of **500 Low Carb Recipes**
- Amy Dungan, Features Editor and regular columnist
- Rebecca Latham, Vanessa Romero, Jimmy Moore and dozens of other proponents of healthy low carb dieting and weight management

The most popular articles published at CarbSmart.com:

1. [Protein Digestion and Protein Absorption](#) By Dr. Beth Gruber
The protein parts of every cell in our bodies are continually being destroyed. As a result, our bodies need to replace these protein structures constantly. This requires that we eat protein every day. Fortunately, those of us who follow a low carbohydrate lifestyle, don't have any problems getting enough needed protein.
2. [The Fat Fast – Breaking A Low Carb Weight Loss Stall](#) By Di Bauer
The Fat Fast, as outlined by Dr. Atkins in **Dr. Atkins New Diet Revolution**, is a tool that low carbers who are metabolically resistant can use to get themselves quickly into ketosis. It is also used by many low carb dieters to break a weight loss plateau or as a means of forcing themselves to get back on track when they have gone off their low carb diet plan.



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3. [The Functions Of Dietary Fat in the Body](#) By Dr. Beth Gruber
Fats have had so much “bad press” since the 1970s that many people forget that they are absolutely needed for sustaining life. Among the many functions of fats in the body is that they provide a lot of energy in the form of calories for all the activities in your life.
4. [What Are Sugars And Starches?](#) By Dr. Beth Gruber
It is important to understand two basic facts that lie beneath all discussions having to do with food. Fact 1: Every single thing we eat, without exception, can be classified as one or a combination of only these five substances: carbohydrate, protein, fat, vitamin, or mineral. Fact 2: All the things we eat (which are one or another of those five substances) are composed of one or combinations of some of the 100+ ‘basic elements’ that make up everything known to exist in the world, or in the universe, for that matter.
5. [How to Use Protein Powder - Baking/Cooking with Protein Powder](#) By Rani Merens
Protein powders can be used to make baked goods, breading for frying, protein shakes, and much more. The recipe you’re making will dictate what kind of protein powder you should use. Some are flour-like or grainy and are mediocre in a shake. Some are flavorful in a shake but coagulate if cooked. So let’s take a look at the different uses and types of protein powders.
6. [Starting A Low Carbohydrate Diet Part 1 - Preparation](#) By Di Bauer
You’ve decided to give it one last shot. You’re ready to try a low carbohydrate diet. Even though your mother says it will kill you, you figure that NOT losing weight is going to kill you anyway, so what the heck? The only trouble is, you have no idea where to start.
7. [Starting A Low Carbohydrate Diet Part 2 - The First Two Weeks](#) By Di Bauer
Low carbing is different from any other diet you’ve tried, and it is going to require you to switch mental gears. You are no longer on a quantitative diet. You do not count calories! You eat when you are hungry. You do count carbohydrate grams, though, and you must do this religiously.



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8. [Out, Out, Damn Scale! Losing Inches But Not Weight Is Still Fat Loss](#) By Sonya Tilley
How the hell does your body hold onto weight and still manage to get smaller while you are on your chosen low carb diet?!? Are you losing inches all over your body but not dropping any weight? You know the scenario: You are on Induction for two weeks, and you haven't cheated even once. You notice that your clothes fit better, that you are stepping a little livelier, and as far as you're concerned, all's right with the world.
9. [Dawn From South Carolina's Story - A Low Carb Pregnancy Success Story](#) By Julie Westly
At the time the article was written, Dawn from South Carolina was 32 years old and 5' 6" tall. She wanted to share her success story with having a successful pregnancy during her low carb dieting. Dawn had been doing the Atkins program for three years. Her pre-pregnancy weight was 133 pounds, and just prior to her delivery, she only weighed 157 pounds!
10. [Can We Eat Only Protein?](#) By Dr. Beth Gruber
The short answer to the question is yes, you could eat only protein foods, but it is not a good idea. Dr. Gruber shows you why this is.

CarbSmart Resources:

Feel free to email us at comments@CarbSmart.com.

For more information about the Low Carb Lifestyle or to read any of our 2,000+ articles, please visit CarbSmart.com.

To learn about CarbSmart's **Fat Fast Cookbook**, please visit FatFastRecieps.com.

For information about our Sugar Free Chocolate Chips Without Sugar Alcohols, please visit our sister company, NevadaManna.com.

If you know someone who has Celiac Disease or lives a gluten free lifestyle (but not necessarily a sugar free or low carb lifestyle), introduce them to our GlutenSmart.com web site.

If you're interested in purchasing low carb foods or products that support your low carb lifestyle, please visit [Our Affiliate Relationships](#) page at CarbSmart.com.