

Low-carb diet

In a low carbohydrate diet all carbohydrates are left out for a period of time (especially the first weeks). It involves eating natural, unprocessed foods with a low carbohydrate content. Carbohydrates are sugars and wheat products - e.g. bread, biscuits, pancakes, pasta, potatoes, rice.

The menu consists of many vitamins, minerals and proteins and a greater amount of fats (olive oil, flaxseed oil, coconut oil, butter). Furthermore it is important to drink about 2L of water per day.

There is a lot of scientific evidence that this type of diet is the best option for people who want to lose weight, optimize their health and lower the risk of disease, especially cardiovascular diseases.

After approx 2-7 days, the body switches over from carbohydrate-burning to fat-burning. Body fat, just like carbohydrates (sugars), also serves as fuel for the body. The transition from carbohydrate to fat-burning can perhaps cause some headaches, muscle pains or weak feeling. This will pass after a few days. Drinking plenty of water will facilitate the body in detoxifying and will speed up the process, so the complaints will quickly disappear or even be prevented.

Any feelings of hunger (and certainly craving for sweet things) will disappear when the blood sugar stabilizes due to eliminating carbohydrates from your diet. You might even start to feel more energetic after a few days (no dips after lunch and dinner). Also the proteins in your diet will provide a satisfied feeling and any surplus of proteins will be converted into energy and not stored as fat.

For whom is it suitable?

You can follow the low-carb diet if you have a normal health. If in doubt, consult your homeopath.

A low carbohydrate diet is not suitable for women who are pregnant or breastfeeding, children and young people under 18 and people with severe kidney disease or liver disease.

Meals

We advise you to compose your own menus with (preferably organic) fresh vegetables, fruits and nuts. This prevents ingesting unwanted additives such as preservatives and aspartame (in ready-made products).

It is also recommended, especially during the first weeks in which you are 'strictly' following the low-carb menu, to follow a healthy, vitamin-rich diet.

Foods to Avoid

- Sugar: soft drinks, canned fruit juices, agave, candy, ice cream
- Gluten grains: wheat, spelt, barley and rye. This includes bread and pasta.
- Trans fats: 'hydrogenated' or 'partially hydrogenated' oils.
- High Omega-6 seed- and vegetable oils: cottonseed, soybean, sunflower, grapeseed, corn and canola oils.
- Artificial sweeteners: aspartame, saccharin, sucralose, cyclamates and acesulfame potassium. Use Stevia instead.
- 'Diet' and 'Low-Fat' products.
- Highly processed foods: if it looks like it was made in a factory, don't eat it.

Foods to Eat

You should base your diet on real, unprocessed, low-carb foods, preferably organic

- Meat: all that flies, runs or swims
- Fish: eg salmon, trout, haddock ; wild-caught fish is best
- Eggs
- Vegetables: eg spinach, broccoli, cauliflower, carrots
- Fruits: apples, oranges, pears, blueberries, strawberries
- Nuts and seeds: eg almonds, walnuts, sunflower seeds, Brazil nuts, sesame seeds, pumpkin seeds
- High-fat dairy: cheese, butter, quark, yogurt
- Fats and oils: coconut oil, butter, olive oil and flaxseed oil
- In moderation: dark chocolate: choose organic brands with 72% cocoa or higher

Drinks

2 litres of mineral water or filtered water (Brita filter) per day

Freshly squeezed vegetable or fruit juice

Herbal tea (variety)

One glass of wine with dinner (if desired)

Some examples

Eat at regular times; 3 meals per day, don't skip breakfast, lunch or dinner.

It is important to avoid eating in between the meals

- Breakfast:

- Whole quark or yogurt with oatmeal with 2 tablespoons of flaxseed oil and walnuts, hazelnuts, Brazil nuts and / or almonds to taste and need
- Vitamin C Complex with potassium, calcium, magnesium and zinc
- Some fruits

- Lunch:

- Salad with lettuce, tomato, cucumber, pine nuts, figs, (goats') cheese, oil dressing with herbs
- Salad of beetroot, apple, celery, carrot, raisins, figs, oil or yoghurt dressing with herbs (coriander with beetroot is very tasty) and a fried egg
- A soft boiled or soft fried egg
- Chicory salad
- Kefir

- In between

- Nuts and / or fruit (no bananas), but preferably nothing between the three meals

- Dinner:

- Homemade vegetable soup (e.g. zucchini/courgette, cauliflower or broccoli) with organic broth powder.
- Salad with fresh cheese, nuts, beetroot and carrot.
- Main course: braised, raw or stir-fried vegetables with cheese. You can add a thickened sauce (e.g. curry); it contains flour, but so little that it cannot hurt you: on the contrary, you eat something tasty which is also important to sustain.

- Dessert: quark or yogurt

- Evening: herbal tea, decaffeinated coffee, grain coffee (= without sweetener/aspartame).

- No solid foods after 20.00h