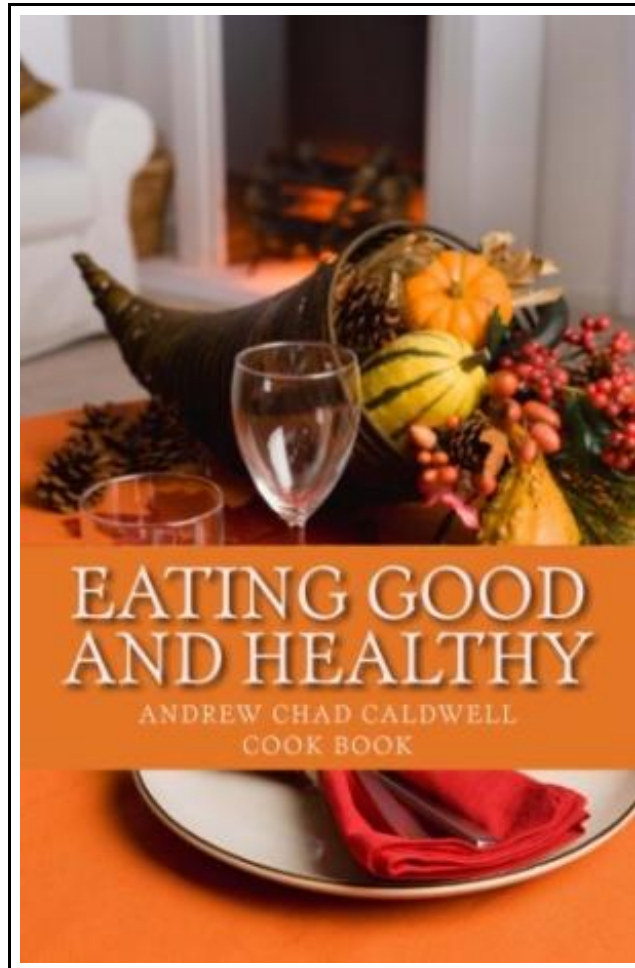


## Eating Good and Healthy



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Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 134 pages. Dimensions: 8.5in. x 5.5in. x 0.4in. Getting Started With Andrews Diet The diet has been gaining more and more ground recently, being preferred over traditional low-fat diets. But what makes so special Here is a short overview of the diet, focusing on the main principles and the overall description of the four stages. The principle of the Good Food diet Getting started with the Andrews diet Basically, the whole concept behind good food is that a low-carbohydrate diet can increase the metabolism and speed-up the process of fat burning. A high-carbohydrate diet can be quite often in charge with weight intake and other health issues. Carbohydrates, usually found in sweets and pastry products, are digested by the body and conveyed into glucose, or sugar, which enters the circulatory system. Why decrease the carbohydrate intake A high intake of carbs will produce a higher glucose level to enter the blood stream, leading quite frequently to blood sugar fluctuation. But that's not the only danger which comes with a high intake of carbohydrates. A high level of sugar in the blood will trigger the production of a hormone called insulin, which is in charge of levelling the glucose from the body. What insulin (often referred to as the fat hormone) really does is it turns the glucose into fat, in order to deal with the high levels of sugar in the body. This process of fat production happens in several steps: firstly, the insulin is produced into the pancreas. The amount of insulin produced will be directly proportional with the amount of sugar intake. Then, the liver reacts to the high levels of insulin, and in response, it produces triglycerides. The triglycerides, which are basically fat in the blood,...



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