

A Simple Low Carb Life

Side-Effects Worth Knowing

MODULE 5

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You have learned a lot so far!

Let's learn about some side effects to be aware of and a few tips on low carb meal planning to get you started on

YOUR LOW CARB LIFE!

**THERE ARE A FEW SIDE EFFECTS
FROM EATING FEWER
CARBOHYDRATES THAT ARE
WORTH MENTIONING...**

- In the **high carbohydrate diet**, every gram of carbohydrates stored in the liver, signals the body to retain 3-4 grams of water in order to store them. *A high carbohydrate diet causes water retention.*
- When you begin limiting your carbohydrate intake, the body will use up the carbohydrates stored in the liver until they are all gone and only then will the body begin to burn fat. ***All of that retained water will no longer be needed,*** so you will urinate off the excess.

- ***You will urinate A LOT in the first week or two of the diet.*** This will slow down in 1-2 weeks after you have gotten rid of the significant water retention, but prepare to have a bathroom handy for the first few days!
- When your body loses fluids in large amounts, (urinating or perspiring), sodium, magnesium, and potassium are also lost.
- Essentially, a low carbohydrate diet acts like a “water pill” as your body will no longer be retaining fluids.

- *As long as you remain in nutritional ketosis or the “fat-burning for fuel” state, you will be losing fluids and some electrolytes regularly.*
- It is very important to replace not only the fluid loss, but also to replace the electrolytes lost.
- Potassium losses can be replaced by eating leafy greens.

- However, **sodium MUST INTENTIONALLY be replaced** to avoid symptoms of fatigue, headache, lightheadedness, weakness, heart palpitations, or severe muscle cramps.
- To avoid this complication, add the equivalent of **1/2- 1 teaspoon of table salt per day or about 2 grams/ 2000 milligrams** (even if you have high blood pressure).
- You may alternately drink 1-2 cups of bouillion broth daily, use soy sauce, or eat some dill pickles (*which are usually heavily salted*) if you do not want to add table salt to your diet.
- **Sea salt is the preferred table salt to use.**

**Your bowels will slow
down on a ketogenic diet.**

Be sure to add the recommended dietary
fiber daily, to avoid constipation.

If you are a diabetic on glucose-lowering agents or taking insulin:

- These medications are *dosed based upon your HIGH carbohydrate intake*. **If you suddenly drop your carbohydrate intake** from the average of 600 grams per day that most people consume, to <30 grams per day while continuing the same dosage of glipizide, insulin, or other glucose lowering agents, **your blood sugar will drop precipitously to a very dangerous level**, which can cause coma or death.
- *Do not begin a very low carbohydrate diet without discussing this with your doctor or healthcare provider to adjust your doses BEFORE you begin this lifestyle.*

If you have thyroid disease, are taking epilepsy medications, psychiatric medications, or have kidney disease: **talk to your personal healthcare provider to adjust your medications while dieting.**

IMPORTANT:

**If you are taking any medications
for other health problems...**

*Do not begin a low carbohydrate diet without
discussing this way of eating with your doctor or
healthcare provider to adjust your doses
BEFORE you begin this lifestyle.*

(While this way of eating is generally safe in all respects **if not taking medications**, it can be very unsafe unless certain medications are adjusted).

Congratulations!

You have now completed

MODULE 5-Video 1

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