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## What to expect when you adopt Low Carb Healthy Fat principles

### Cravings

Reducing your sugar intake can often increase your desire for sugar and something sweet. These cravings generally settle within one to two weeks. Eating some whole fruit may help over this period.

### Salt and Water

Reducing carbohydrates will mean less insulin requirements and therefore less insulin production from the pancreas. This reduction will result in an increased excretion of salt from the body, along with fluid.

Eliminating processed foods also means you aren't consuming as much salt. Some people may experience headaches or dizziness and others may feel tired. Taking some extra salt and drinking more water during this transition can help alleviate these symptoms.

Add salt to your meals and aim for 2 litres of fluid a day.

These symptoms should only be transient. Please see your healthcare practitioner if they persist.

### Magnesium

Some people may experience muscle cramps and respond to magnesium supplements.

Magnesium may also help manage sugar cravings initially.

We encourage the inclusion of green leafy vegetables, nuts, fish and meat with naturally occurring magnesium in the diet. If selecting a supplement, the better types are amino acid chelate, phosphate or diglycinate forms. Avoid those containing magnesium oxide and take as prescribed on the bottle.

### Medications

Reducing carbohydrates will generally result in a reduced requirement for blood glucose lowering medication (oral or insulin) and may also result in a reduced requirement for other medications, too.

We strongly recommend you work closely with your GP, Endocrinologist and/or Diabetes Educator as you make changes to your diet. Ongoing monitoring is important.

The [#isupportgary](#) *What to Expect when you adopt Low Carb Healthy Fat principles* is a guide to help you begin to take back control of your health and is not intended to be considered specific medical advice.

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### LIPIDS

Lipid profiles do change when you adopt Low Carbohydrate Healthy Fat principles. The most profound change is a significant reduction of small dense LDL particles. These are a by-product of fructose metabolism and are the dangerous-sized LDLs associated with cardiovascular disease.

Small dense LDLs are not directly measured with routine lipid testing.

The small dense LDLs are indirectly measured by the Triglyceride level. A number of 0.8 or less is indicative of no small dense LDLs in circulation. This is the cheapest method of assessing progress following LCHF principles.

Fat transport and mobilisation occurs on a lower carbohydrate diet. This increased fat utilisation means more 'fluffy' LDL particles are in action and therefore the overall cholesterol and LDL-C numbers may rise. This is not a concern.

The HDL levels generally rise which is an indicator of a healthy cardiovascular clearing system. If concerns are raised regarding standard lipid profiles then other tests are available. The definitive one is a **Lipid Subfraction Analysis** which is readily available. It will define exact lipoprotein levels in a spectral analysis. Patients can expect to see a major reduction in the small particle zones 5, 6 and 7 (the small dense 'bad cholesterol' particles.)

Whereas, there is generally a rise in the large fluffy transport LDLs in zone 1 and 2 (because the fat is now being mobilized as a fuel source). HDL numbers are generally high. This will be reflected in a 'low risk' summary report.

\*The SAN Pathology perform the Lipid Subfraction Analysis in Australia. All pathology labs can forward the test onto them. SAN Pathology, 185 Fox Valley Road, Wahroonga NSW 2076

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