



CARB—FLU

help!!!

The transition into a LCHF diet can be difficult for some, but not all. If I can just say right now... fear not ... this transition is worth it... hold tight and it will get better. Don't give up now that you've made the decision to bant.

Carb flu is basically your body's response to cutting carbs out of your life. Consider it like an addiction – your body has been addicted to carbs and you are now denying it, its next 'hit'.

A high carb diet increases water retention, when the carbs are eliminated, so the water moves through your kidneys and is eliminated. Stay hydrated! Water water water.

Symptoms include:

- Headaches
- Nausea and dizziness
- Possible constipation
- Stomach cramps, sometimes all around the body
- Stiffness and chills
- Fatigue
- A foggy brain and irritable – imagine you are pregnant!
- Urinating more than normal
- Sweating and very thirsty
- Even bad breath!

Be patient and it will pass, some people don't experience it at all, but it can last from 2-14 days in most cases, and in some a little longer. As motivation, use it as a sign of your body adapting to a new you.

As a basic explanation, you have been using glucose as your fuel and carbs the pump of choice at the petrol station. Now you need to move over to the fat pump at the station, but without a convertor! Weather the adaptation process please.

Helpful tips:

- You are detoxing so you might be living on the loo. Drink plenty of water; make broth with meat bones as they contain a mass of nutrients or take a multi vitamin.
- Eat more permitted fats; it will help move you through this phase quicker.
- Keep your protein down so as to prevent it transforming directly into glucose, once your transition is complete this won't be a consideration. This sends a mixed message to your body and can confuse your liver and kidneys and make the process take longer.
- Increase your salt intake, you might find you crave salt.
- Extra magnesium citrate, Vit C, Vit B6 and Omega 3 can help.