

Diet Infos - Atkins and Intestinal Problems

The major complaint of those who use the Atkins diet is the intestinal problems that are associated with reducing carbohydrates. These problems can include constipation and diarrhea. These symptoms can happen to anybody at some point, but those who follow a low-carb diet are especially prone.

More commonly experience diarrhea diet during the first few days of induction. This is the result of the body getting rid of excess carbohydrates. It also marks the beginning of the process of ketosis. So in reality, experiencing diarrhea at the start of the diet is a good thing. It indicates that you are on the way to become a fat burning machine.

Constipation is a side effect of the lack of fibre in the diet low in carbohydrates. Whole grains, legumes and fruits are the normal sources of dietary fiber, and all are limited to the initial phases Atkins diet. However, you should not be scared off from the low-carb lifestyle as a result of these problems. There are simple solutions that can help to prevent and these symptoms and you can continue to stay on the diet plan.

The first is to make sure to include the amount of the low-carb vegetables in your daily diet. In the induction phase, you can eat as much as 20 grams of carbohydrates per day. This is roughly equal to 3 cups of salad vegetables. Some are tempted to use their grams of carbohydrates on the cheese or artificially sweetened soda. Acceptable eating vegetables is an essential part of maintaining intestinal health, while following the Atkins plan. It is also important to drink at least 8 ounces of eight glasses of water per day and get exercise. Both measures can help intestinal programs.

If you experience constipation precisely when there are many ways for relief. When you move from a diet rich in refined sugar and processing of products, your body will need time to adjust to this new way of eating. You will need to ensure your fibre intake acceptable with vegetables and fruit (some fruits are allowed after the first phase induction). You can also try to complete as the sugar-free Metamucil fiber.

Make sure you are eating enough fat and oils. Constipation can be a result of very little fat in your diet. Adding tablespoon olive or flax oil to salads and other vegetables can help your bowel health. Also, try to incorporate a variety of vegetables in your salad. Pale iceberg lettuce does not have a lot of fiber in it. Try dark green lettuce or have a dark green serving of steamed vegetables (broccoli, asparagus or spinach are good options).

If these suggestions do not try to cut all salt from your diet for a couple of days. This includes pickles, mustard, diet soda, ham, bacon and bottled salad dressing. This will reduce your fluid retention and sometimes helps with the stool. Diarrhoea should not be a problem after the first week of induction plan. However, on rare occasion, it can persist longer. First, analyze your diet. If you are eating low carb protein bars or other products without sugar, eliminate them. They can contain sweeteners such as glycerin, sorbitol and malitol which are known to cause diarrhea and gas. Homemade desserts low in carbohydrates may also be a source of problems. Most of them use maltodextrin, an artificial sweetener used in cooking. Maltodextrin is made from corn and can cause problems for some people.

If you are not used to eating raw vegetables everyday, this may be a cause of diarrhea. Understand that your body will adjust to the vegetables and the intestinal side effects won't last forever. Make sure you are chewing your raw vegetables thoroughly. Also, using lightly steamed vegetables rather than raw can be a solution to this problem. Intestinal problems are common during the first portion of the Atkins diet. Keep in mind, however, that these problems will go away within the first few weeks of the new way of eating. If the problems persist, try the previously mentioned tips to get relief.

About the Author

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