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## low carb diet HELP ME! SBD/LOW CARB DIET PROBLEMS!

Posted by Preesi - 2008/11/19 18:58

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I posted this in the Official SBD website, Ill keep you posted as to what they say! All I can say is SOMETHING IS WRONG if a Diet Book is OUTDATED and NEW RESEARCH comes in Daily!

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## low carb diet HELP ME! SBD/LOW CARB DIET PROBLEMS!

Posted by Preesi - 2008/11/19 18:58

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Well, strangely I went upstairs and tested my Ketones. Just for S\*\*\*s and Giggles ! I am in Ketosis! I then got on the scale! I have dropped 3 pounds! WTF! What is going on? What should I do???? preesi

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## low carb diet HELP ME! SBD/LOW CARB DIET PROBLEMS!

Posted by Bob M - 2008/11/19 18:58

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Well, strangely I went upstairs and tested my Ketones. Just for S\*\*\*s and Giggles ! I am in Ketosis! I then got on the scale! I have dropped 3 pounds! WTF! What is going on? What should I do???? preesi Be thankful? It's not often you drop three pounds.

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## low carb diet HELP ME! SBD/LOW CARB DIET PROBLEMS!

Posted by The Queen of Cans and Jars - 2008/11/19 18:58

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Well, strangely I went upstairs and tested my Ketones. Just for S\*\*\*s and Giggles ! I am in Ketosis! I then got on the scale! I have dropped 3 pounds! WTF! What is going on? What should I do???? calm down? just a suggestion.

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## low carb diet HELP ME! SBD/LOW CARB DIET PROBLEMS!

Posted by Jean B. - 2008/11/19 18:58

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## low carb diet HELP ME! SBD/LOW CARB DIET PROBLEMS!

Posted by Roger Zoul - 2008/11/19 18:58

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## low carb diet HELP ME! SBD/LOW CARB DIET PROBLEMS!

Posted by Preesi - 2008/11/19 18:58

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Eat some almonds. Why? Look educate me PLEASE! I was following the SBD menus to a T. I did check my ketones 2 other times during the past 13 days and I was NOT in ketosis THEN! NOW that I've found myself in ketosis Im still nauseous and smells bother me (My thinking is that the Ketones are effecting my olfactorys due to them coming out of my breath \*shrug\*) BUT all of a sudden my chest isnt bothering me anymore but Im kinda foggy headed! Ive got a General Doc appt on Wed so we'll see then! If my chest aint hurting anymore and I lost 3 pounds what do you all recommend? Hell I need help cause what I have been doing doesnt appear to be working! Im 188 pounds right

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now (although I look 170) I've been on LowFat diets my whole life, just lost 30 pounds on one, but I can NEVER get under 190! I NEED HELP! I know alot about nutrition, but I apparently do not know what is right for ME! preesi

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## low carb diet HELP ME! SBD/LOW CARB DIET PROBLEMS!

Posted by PieNtheSky32 - 2008/11/19 18:58

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they say! All I can say is SOMETHING IS WRONG if a Diet Book is OUTDATED and NEW RESEARCH comes in Daily!

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## low carb diet HELP ME! SBD/LOW CARB DIET PROBLEMS!

Posted by denise - 2008/11/19 18:58

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WTG on the three pounds! The first thing I would do is try to find a 'low carb friendly' doctor because of your family history. It seems to me that most people who are low carbing find their blood pressure is better on this woe. BTW, are you eating a lot of sodium? If so, try to eliminate this from your diet and see if that makes a difference. I know that a number of people feel like crap when they first cut out carbs and your symptoms seem similar to carb withdrawal so I would say if all checks out with your doctor that you should tough it out for a little longer and see how you feel then. Just my opinion. Good luck and keep us posted! Denise (^\_^)

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## low carb diet HELP ME! SBD/LOW CARB DIET PROBLEMS!

Posted by Reg - 2008/11/19 18:58

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Coffee has carbs, btw. Not according to the USDA. Do you have some other reference that shows that it does? Coffee, brewed from grounds, prepared with tap water NDB No: 14209 Nutrient Units 1 cup (8 fl oz)

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## low carb diet HELP ME! SBD/LOW CARB DIET PROBLEMS!

Posted by Preesi - 2008/11/19 18:58

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Ive been following the written menus in the South Beach Diet book! They say its not LOW CARB, but GOOD CARB (NO starch, Bread, Grains, Potatoes, Carrots, Pasta, Corn ETC) JUST veggies! THEY tell you to EAT EAT EAT! Dont skip snacks, You MUST eat a certain amount of veggies at each meal to PREVENT the Evil Ketosis! Well I didnt lose weight! And I felt like a Turducken with all that food! Im from a boisterous loud family so I may seem stressed but Im not. I was freaking out though! Wouldnt YOU be if you had chest pains if you had my family history? I think I ate far too much, and felt pressured to eat to stay within the NO SKIP MEALS or SNACKS rule! I dont understand HOW The SBD can work if there is no Ketosis allowed and carbs are restricted! If you have no energy cause you have no carbs and you arent producing ketones then where is your energy supposed to come from???? How am I supposed to BURN FAT??? NO wonder I was feeling soooo awful! I was STUFFING myself and had no energy cause I was zapped and didnt wanna do anything and so the food just sat there! NO WONDER I HAD CHEST PAINS! I wanna stay in Ketosis now that I am, but need help! At least on Atkins I dont think they FORCE you to EAT EAT EAT! Like on SBD! HELP! I have the Atkins book but cant find it! Does his website give preplanned menus? preesi

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## low carb diet HELP ME! SBD/LOW CARB DIET PROBLEMS!

Posted by Preesi - 2008/11/19 18:58

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I know that a number of people feel like crap when they first cut out carbs and your symptoms seem similar to carb withdrawal so I would say if all checks out with your doctor that you should tough it out for a little longer and see how you feel then. I gave up sugar 2 years ago.... Preesi

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## low carb diet HELP ME! SBD/LOW CARB DIET PROBLEMS!

Posted by The Queen of Cans and Jars - 2008/11/19 18:58

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I dont understand HOW The SBD can work if there is no Ketosis allowed and carbs are restricted! If you have no energy cause you have no carbs and you arent producing ketones then where is your energy supposed to come from???? How am I supposed to BURN FAT??? have you tried exercising?

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## low carb diet HELP ME! SBD/LOW CARB DIET PROBLEMS!

Posted by Roger Zoul - 2008/11/19 18:58

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:: Ive been following the written menus in the South Beach Diet book! :: They say its not LOW CARB, but GOOD CARB (NO starch, Bread, Grains, :: Potatoes, Carrots, Pasta, Corn ETC) JUST veggies! :: THEY tell you to EAT EAT EAT! Dont skip snacks, You MUST eat a :: certain amount of veggies at each meal to PREVENT the Evil Ketosis! Ketosis is not evil....I think you know that, though :) :: Well I didnt lose weight! And I felt like a Turducken with all that :: food! Im from a boisterous loud family so I may seem stressed but Im :: not. :: I was freaking out though! Wouldnt YOU be if you had chest pains if :: you had my family history? I'd go see a doctor..... :: I think I ate far too much, and felt pressured to eat to stay within :: the NO SKIP MEALS or SNACKS rule! :: I dont understand HOW The SBD can work if there is no Ketosis :: allowed and carbs are restricted! If you have no energy cause you :: have no carbs and you arent producing ketones then where is your :: energy supposed to come from???? How am I supposed to BURN FAT??? :: NO wonder I was feeling soooo awful! :: I was STUFFING myself and had no energy cause I was zapped and didnt :: wanna do anything and so the food just sat there! :: NO WONDER I HAD CHEST PAINS! :: :: I wanna stay in Ketosis now that I am, but need help! :: At least on Atkins I dont think they FORCE you to EAT EAT EAT! :: Like on SBD! Okay...simple solution: don't eat unless you feel hungry. Keep going with the same foods, but simply quit eating once you're not hungry. When meal time comes, eat, but if you're not that hungry, only eat a small amount. :: :: HELP! I have the Atkins book but cant find it! :: Does his website give preplanned menus? Not that I know of, but I think you know what you eat on LC....you've been to this newsgroup before, right? I remember you.

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## low carb diet HELP ME! SBD/LOW CARB DIET PROBLEMS!

Posted by Preesi - 2008/11/19 18:58

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have you tried exercising? YES, I used to belong to a gym and I LOST NOTHING! I stopped due to getting chronic prolonged Sinusitis and having NO energy. No matter what I do I can balloon up to 220 and diet down to 180 and after that NOTHING! I am a SINCERE person so please dont brush me aside as pure Drama!

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## low carb diet HELP ME! SBD/LOW CARB DIET PROBLEMS!

Posted by Preesi - 2008/11/19 18:58

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Not that I know of, but I think you know what you eat on LC....you've been to this newsgroup before, right? I remember you. Yes I was but I was a LC admirer and had never gone on Atkins Et Al before! preesi

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## low carb diet HELP ME! SBD/LOW CARB DIET PROBLEMS!

Posted by Qiltkitty - 2008/11/19 18:58

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Okay , Its 20 or under carbs a day on induction right? Do you have any menus (I do better on menus) of a daily representation of what I should be eating? What about heavy cream? There is a sample menus on the site for each phase .. It'll give you an idea of what you can and cannot eat .. Start at how to do atkins .. Read the articles ... Read the rules of induction, read acceptable food Take a deep breath :D Kick the cat, dog, rat whatever .. Just breathe .. Its all there .. Oodles of articles for any question you can think of ..

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## low carb diet HELP ME! SBD/LOW CARB DIET PROBLEMS!

Posted by Jeri - 2008/11/19 18:58

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Roger Zoul <rogerzo...@hotmail.com wrote in message Ketosis is not evil....I think you know that, though :) But Dr Agatston is saying its guilty of all kinds of health problems and thats why HIS diet is better and Atkins is bad! <snip And because Dr Agatston says it's true then it must be? Your body creates ketones as a byproduct of fat burning no matter what diet you follow. You just don't see the evidence (purple ketostix) when you don't low carb because you're producing a much smaller amount and your body uses them. When you lower your carbs you increase your fat intake and you burn much more fat (both dietary and body). You create many more ketone bodies and the excess is excreted. Tada! Purple ketostix. There is absolutely nothing harmful with being in ketosis when following a low carb diet.

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## low carb diet HELP ME! SBD/LOW CARB DIET PROBLEMS!

Posted by Preesi - 2008/11/19 18:58

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For a while I couldn't figure out what the SBD was you were referring to. Then I did. Nothing good has ever come out of Miami. I'm finding that out! HERE, go look at the South Beach Board (<http://forums.prospero.com/sbdschedule?redirCnt=1>) Thats the backdoor, you cant post anything!! The thing that pisses me off the WORST is the fact that for a cost of \$29.95 A MONTH (Thats after the \$24.95 for the book) You have ONLY 2-3 SBD nutritionists on the site to handle questions! I asked a question about MCT Coconut oil and they (SBD Nutritionists) had no clue about coconut oil being beneficial! Most questions are being answered by board members that \*just\* started the diet themselves! What does this mean? Well, alot of people that feel yukky, sluggish, nauseous and weak and arent dropping pounds are being told that Maybe you arent eating enough food; Snacks; Fats! Up your Fats; Snacks; Food intake! by NEWBIES themselves and NO ONE from SBD is contradicting their statements! If a diet's Phase 1 is supposed to RID you of all Carby cravings then why are carbs like Coffeemate, Smuckers Simply Fruit Spread, COOLWHIP ETC ETC, being given the OKAY after some Research ! It makes no sense! We are being told that the BOOK is OUTDATED and a NEW ones coming out in a few months, and the site is up to date! What about the people who dont have comps? The book doesnt even have a RULES page or how much of each food group you are allowed! You have to join the site to get THAT info! Dr Agatston says Peanut Butter is allowed so people were gorging themselves on it! On the site come to find out you are only allowed 2 Tablespoons a day! And If you eat those 2 Ts you cant have anymore nuts that day! That shiznit was NOT in the book! DR AGATSTON PUT HIS BOOK OUT TOO SOON, SO HE COULD GRAB A HOLD OF THE LOW CARB (CA-CHING, CA-CHING!) CROWD! I hate money hungry ppl! Guess what Dr Agatston, DR ATKINS BOOKS don't have to change cause HE DID THE DATGUM RESEARCH (LISTEN) \*BEFORE\* HE RELEASED THE BOOK TO THE PUBLIC!!!! Now ya wonder why Im so pissed off! Okay, Im off my soap box! preesi

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Posted by Preesi - 2008/11/19 18:58

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induction, read acceptable food Kick the cat, dog, rat whatever .. Just breathe .. I had my familyroom painted recently and I put my books in the living room and its a mess in there I really need to find the book! And I wuvs my doggy woggy I will NOT kick him! BTW Anyone from the Philly 'burbs? Go to Garys World Of Health on Ridge Pike in Eagleville, Pa HUGE Low Carb Selection! PLUS they carry Le Carb Ice Cream and ALL of the Sugar Alcohols! And have a whole Low Carb local pastry selection! preesi

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## low carb diet HELP ME! SBD/LOW CARB DIET PROBLEMS!

Posted by The Queen of Cans and Jars - 2008/11/19 18:58

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What does this mean? there's a sucker born every minute, that's what it means. you wasted your money.

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## low carb diet HELP ME! SBD/LOW CARB DIET PROBLEMS!

Posted by Preesi - 2008/11/19 18:58

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Steve? Why do I feel like you are being nasty to me. Theres no need! preesi

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## low carb diet HELP ME! SBD/LOW CARB DIET PROBLEMS!

Posted by Preesi - 2008/11/19 18:58

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Steve? I just realized that while Dr Agatston blasts Atkins as unsafe and bad for the kidneys LONGRUN, ALL his cottonpickin research for HIS own low carb diet is probably based on some part BY Atkins! Today, Im not on any diets! Im going to go to the book store soon and get an Atkins cookbook or menu book (I do better on a menu) then go on Atkins and be happy.. Just like Men on the Internet Im done with Poser or Imitation Diets! preesi

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I was serious about the reflux, by the way. I t's NOT reflux! I KNOW what Heartburny feels like and a rarely get it! What I was experiencing felt more like the chest pains I get during a Panic Attack! BUT I WAS NOT HAVING ONE! I have no reason to be having a panic attack! I havent had ONE pain since I stopped SBDing! preesi

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## low carb diet HELP ME! SBD/LOW CARB DIET PROBLEMS!

Posted by JC Der Koenig - 2008/11/19 18:58

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Why do you shout so much?

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