

# Download Food Combining Diet The Healthy Way To Lose Weight

The better way for weight loss! How can I eat a healthy and balanced diet and lose weight at the same time, while avoiding the dreaded yo-yo effect? 1. Choose a low-carb diet. If you want to lose weight you should start by avoiding sugar and starch (like bread, pasta and potatoes). This is an old idea: For 150 years or more there have been a huge number of weight-loss diets based on eating fewer carbs. What's new is that dozens of modern scientific studies have proven that, yes, low carb is the most effective way to lose weight. Feel tired and bloated after eating? Try these food combining rules to help your body more easily digest your foods. Bonus: You might notice other benefits. A healthy diet may help to prevent certain long-term (chronic) diseases such as heart disease, stroke and diabetes. It may also help to reduce your risk of developing some cancers and help you to keep a healthy weight.