

HEALTHY LIVING

Low-Carb Dieters Open To New Ideas When It Comes To Health

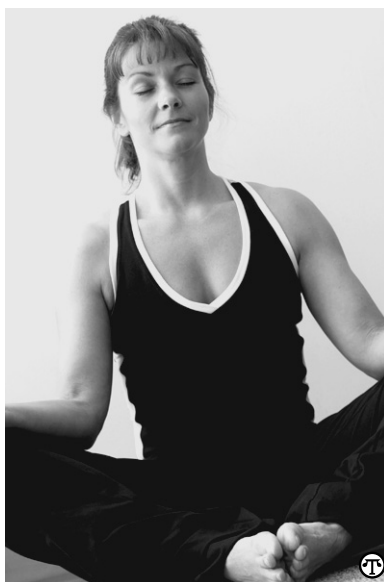
(NAPSA)—Low-carb dieters have faced their fair share of criticism in recent years from opponents who deem their way of life as unhealthy. But a recent NOP World Roper Reports article reveals that they are actually more likely than the rest of the population to explore alternative diet and health techniques.

According to “Roper Reports,” low-carb dieters are more likely than the general public to try diet and health approaches such as vitamins, oat bran, massage therapy, herbal remedies, yoga, meditation, aroma therapy and soluble fiber therapy.

“This willingness to try new methods suggests that people on low-carb diets may be more aware of their total well-being and prone to taking the extra steps necessary to optimize it,” says Pamela Peeke, M.D., M.P.H., a nationally renowned nutrition expert and author of “Fight Fat After Forty” (Viking Penguin). “In addition, some of these approaches may also help to diminish side effects that can result from eating low-carb.”

For example, one of the most common side effects of low-carb dieting is irregularity, which is one reason low-carb dieters may be more likely to supplement their diets with soluble fiber therapy. “Roper Reports” indicates that while only nine percent of the total public takes soluble fiber, 22 percent of low-carb dieters are likely to do so.

“A limited consumption of fruits, vegetables, whole grains and other sources of fiber can cause significant changes in bowel



OPEN TO INTAKE—Low-carb dieters are more likely to try alternative health and diet techniques.

habits,” Peeke explains. “Irregularity is often accompanied by cramps, bloating, headache, backache and tiredness, and this discomfort often leads low-carb dieters to seek relief by taking fiber therapy, a convenient and effective way to boost fiber intake in order to become regular.”

Low-carb dieters should be warned, however, that many soluble fiber products contain carbohydrates, which can derail low-carb dieters who are restricted in the total carbs they are allowed to consume each day, notes Peeke.

A good choice of soluble fiber for low-carb dieters is Citrucel® caplets, which contain zero carbohydrates per dose. In addition,

Citrucel caplets help dieters stay regular without excess gas or bloating; their main ingredient—methylcellulose—is derived from natural plant fiber and doesn’t ferment in the digestive tract like other common bulk fiber sources, such as psyllium.

In addition to fiber, a strict low-carb diet may not provide the recommended daily intake of other essential nutrients like vitamin C, folic acid, potassium and calcium, so dieters may be more apt to supplement with vitamins to make sure their bodies get what they need. According to “Roper Reports,” 80 percent of low-carb dieters take vitamins, compared with 67 percent of the total public who do.

“Whether on a strict diet plan or not, most Americans find it difficult to get the nutrients they need from food alone,” says Peeke. “When you begin a diet that limits something as key as carbohydrates, taking such things as multivitamins, calcium supplements and fiber products becomes necessary to maintain good health.”

Peeke says that low-carb dieters who explore new approaches to health and fitness are on the right track to achieve optimal health, and that the rest of the population should take note.

“There’s more to the low-carb lifestyle than just eliminating sugars and starches,” she says. “Exploring new methods to improve health can help low-carb dieters and the general population alike achieve their long-term diet and fitness goals.”