Complementary Blog Post: Low Carb Diet Benefits

Subject: Mental Benefits With Low Carb Diets You Might Not Know About

[firstname],

Going low carb isn’t all about the diet and what benefits you’ll get with your body – although you’ll get a lot of those too. Did you know that it also offers some amazing benefits for your mental state as well?

The first thing you might start noticing when you go low carb is your ability to think better and be in a better mood. The diets of today offer tons of sugar in almost everything that you eat.

In fact, you’re eating sugar all day long whether you know it or not. Then mid afternoon comes and you crash. Crashes are never fun. You won’t have to worry about that with a low carb diet because you’re taking out most of the foods that cause these crashes.

Instead of consuming food with high sugar, you’ll be eating high-carb meals that provide protein which will make you more alert and will help your brain function to it’s highest capacity.

Your mood will increase as well because carbohydrates release insulin and when it does that it will raise your blood sugar levels. When they get too high or come crashing down they