Complementary Blog Post: 5 Low Carb Breakfast Ideas

Subject: Cognitive Benefits Of a Low Carb Diet 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. That means when they get too high or come crashing down they affect the way you behave and the way that your brain functions. Sometimes this can cause your brain to feel like it can’t function properly.

Not only that, but we all know that sugar is addictive – so when you switch to a diet that mostly concentrates on fats especially healthy fats it will help your brain function. Because the brain is made of so much fatty acides it does better on a diet made of healthy fats. It will help increase memory, learning, energy and mood.

Providing this type of food throughout the day and your life is important – but the best time to get it is in the morning. Check out these low-carb breakfast ideas that we’ve posted on our blog.

LINK

Breakfast is the most important meal of the day and you want to start your low-carb day in a way that helps you with your learning, energy and mood. To do that you’ve got to cut out sugar and processed carbs – a low carb diet will help you do that.

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