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A healthy body requires well-balanced diet which includes carbohydrates as an essential component. The central nervous system, the brain, and many vital organs depend on carbohydrates for their energy requirements. Usually, the carbohydrates in our diet are broken into glucose, which is then transmitted from the blood into the cells by insulin, a hormone secreted by pancreas.

Low carb diets for weight loss

People looking for effective weight loss often choose low carbohydrate diet due to their effectiveness. However, a general notion associated with these diets is that due to high unhealthy saturated fats, they might not be helpful in long-term weight loss and may lead to serious health problems. These diets can restrict energy or kilojoules and may lead to temporary weight loss. When you are on low carb diets, your body can begin to utilise glycogen and glucose stored in the liver and muscles to compensate for the required carbohydrates. The weight loss from these diets is mainly due to the loss of water retained in the body rather than loss of extra fats. This is because in order to release about 1 g of glycogen, about 3 g of water is utilised. As carbohydrates are used up for energy, the body turns to stored fats to digest them and release required energy. Some of the side effects of low carb diet include constipation, nausea, lethargy, dizziness, dehydration, loss of appetite, and bad breath. This is one of the reasons why some people prefer to use carb blocker such as Dietrine Phase 2 Carb Blocker for health weight loss. The active ingredient in this weight loss supplement is white kidney bean extract, which prevents your body from storing excess fats by reducing calorie intake.

How does Dietrine work?

Alpha amylase is the enzyme that is responsible for breaking down of carbohydrates into small molecules in our body. It then turns carbs into glucose, which is used as energy or stored in the form of adipose tissues as fat cells. The Phase 2 Brand Starch Neutraliser in Dietrine is derived from the white kidney bean. As its name suggests, it is a clinically proven nutritional ingredient that can neutralize starch. It can also inhibit the action of alpha amylase from breaking carbohydrates into smaller molecules. As a result, the unwanted carb is passed safely via bowel movements. Dietrine Phase 2 Carb Blocker capsules can be taken just before a starch or carb rich diet with about 8 ounces of water. These capsules contain essential nutrients such as chromium and vanadium, which can maintains the blood sugar level, helps insulin regulate metabolism to digest carbohydrates, and inhibit cholesterol synthesis. You need to combine the consumption of these capsules with regular exercise and balanced diet regime to get effective results in a considerable time period. Try to avoid foods rich in fat and sugar to put your body in a position to naturally burn extra calories for effect weight loss. One of the best ways to lose weight and keep it off is to combine a diet high in fruits and vegetables, whole grains, legumes and low-fat dairy products with daily exercise.

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Shaily writes articles on health related issue and medication. Among her many written articles one is on a Dietrine capsules. Know more about Dietrine phase 2 a carb blocker for weight loss treatment.

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