

Low-carb living improves energy: author

Diet – the four-letter word that no one likes to hear.

For Patricia Haakonson, a B.C. resident, this meant depriving herself of what she loved best – food. But the alternative was being “50 and fat.” Then she discovered low-carb living.

Forty-two pounds later, she decided to share her recipes and success with others in Low Carb Cooking.

A year later, Patricia combined her love of food and her husband’s medical knowledge to write Easy Low Carb Living. Written conversationally, the book explains the health benefits of a low-carb lifestyle.

“Aside from weight loss, low-carb living improves your blood cholesterol, which we like to call your heart health, as well as your blood pressure, and

energy levels,” explains Dr. Harv Haakonson, co-author of Easy Low Carb Living and expert in Occupational Medicine.

Unlike other low-carb books, the Haakonsons have adopted a moderate approach to low-carb living – one that is more balanced and does not recommend protein loading or completely cutting all carbohydrates from your diet.

Instead, both books focus on eating foods that will keep your blood sugars even throughout the day.

The couple is planning their third book to the series, which will focus on low carb living for teens.

Visit www.lowcarbliving.ca for free recipes, a newsletter on low-carb diets and to order the books.

KASIA IGLINSKI
FOR METRO TORONTO