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Do Low Carb Diets Work Best for Burning Fat?

by Jeff "The Muscle Nerd" Anderson (with comments from Shawn Horwood)

My comments will be italicized so it's easy to tell what Jeff is saying and what I'm saying. I know low carb diets are pretty popular, and a lot of people claim that it's the carbs that are causing you to be fat and it has nothing to do with the rest of your diet.

I've even heard people say that all you have to do is cut out carbs after 4:00 and you'll lose weight like crazy. I personally think it's crazy to even suggest that all your problems lie in one type of food that isn't even inherently bad and is even necessary for certain functions.

Jeff did a small experiment on himself to see what would happen if he cut out carbs, so listen as he tells you what happened to him.

Do "low carb" diets burn fat?

In a word?

YES!

A recent look at 87 long term studies have proven that when it comes to burning body fat, reducing your carb intake DOES work best.

BUT...

"Low carb" diets can be VERY frustrating for most people and hard to stick to.

As an experiment last year, I went 10 full days with ZERO carbohydrates.

I mean, not even a blade of GRASS in my diet...straight protein...not a single carb or gram of fat in sight.

I went INSANE!

No, I don't mean that "figuratively"...I mean I LITERALLY went INSANE!

I went from near sobbing fits over my computer not working properly to hysterical laughter at the thought of even undertaking such an experiment.

I don't know about you, but this doesn't sound like a state I would want to be in...though it could be fun seeing other people in this state.

You see, your brain NEEDS carbs just to function properly so doing without any at all was an extreme example of how your body does need to get some carbs to function.

So how can you burn fat using low carb diet plan WITHOUT worrying about whether you'll be fitted for a straight jacket?

Well here's what I tell my clients of my "[Combat The Fat](http://www.CombattheFat.com)" program (www.CombattheFat.com) to allow them to easily burn fat and still enjoy carbohydrates...

...limit your intake of "dry" carbs and fill up on "wet" Carbs!

This is a little twist I've created that allows you to EASILY reduce the WRONG kind of carbs WITHOUT counting calories and NEVER going hungry.

You see, you need more carbs on training days to help your muscles recover from your exercise. Therefore, you

can consume 2-4 servings of “Dry Carbs” on those days (like oatmeal, pasta, bread, etc.)

“Wet Carbs” include most vegetables and fruits and don’t contain a lot of carbs so you can eat MUCH more of these each day.

Use them as “fillers” in your diet to keep from getting hungry and helping you avoid the real culprits...those “dry carbs”.

I know this is a very different way of looking at the food you eat and doesn’t really follow the normal “low carb” pattern.

But it’s a glimpse of the way that I’VE structured the RIGHT way to use “low carb” to lose weight and forms one of the foundations of my daily eating guidelines within [Combat The Fat \(www.CombattheFat.com\)](http://www.CombattheFat.com).

Jeff's nutrition plan in Combat the Fat is really effective and keeps you away from counting calories and being hungry. It's all about adapting your lifestyle and the way you look at eating so it's not a chore and you actually enjoy eating.

Takeaways from this article:

1. If you completely cut out carbs you will literally go insane. If you don't mind having huge emotional mood swings for no reason at all (and you're a hermit and don't ever see anyone) then I guess you could completely cut out carbs to lose fat fairly quickly.

2. Just cut down on the "dry carbs" and eat lots of "wet carbs" and you won't have to worry about your carbs anymore. But remember on training days and any time you're doing extended exercise (especially things like a marathon) carbs are necessary and you should make sure you are getting enough of them for your body to handle your training.

You can also find this article published on [Do Low Carb Diets Work Best for Burning Fat?](#), and on the tag pages [combat the fat](#), [do low carb diets work](#), [jeff anderson](#), [low carb diet](#), [low carb diets](#), [low carb weight loss](#), [the muscle nerd](#).