

## **I don't eat excess sugar or carbs but I still have love handles.**

Written by Moez Aryan  
Thursday, 23 August 2012 09:37

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**I had a question regarding love handles. I don't eat excess sugar or carbs but I still have love handles. I normally take three meals and have milk twice a day. No extra meals. What should I do as far as my diet is concerned. I am a vegetarian and I am not addicted to food. Please advise me as I am badly worried about this issue. Can you share the love-handle-reducing smart-but-not-hard exercise that works wonders? Thanks**



### **Dear love-handles,**

It's good to hear you don't eat sugar or too much carbs. I do have a problem with you taking milk though. If you follow my articles I am not a big believer in milk. I will share a research paper after this with you. However, as long as the milk is organic, fresh and not pasteurized you could take it. There is not even one reason we need milk for survival or 'health'. In fact, it is counter productive. You can read why milk is not good for you here.

<http://www.notmilk.com/kradjian.html>

I respect your being a vegetarian. However, you need to make sure you get enough essential amino acids (those not produced by the body) from your diet. Or we will have a problem in replenishing body tissues. This means you won't retain optimal muscle mass which makes it harder to lose fat in the long run. Moreover, vegetarians' diet is normally all carbohydrate based. Couple that with less muscle mass and you end up with a system that is 'too' poor in insulin sensitivity.

### **What does love handle imply in the first place?**

As far as exercise is concerned you cannot spot reduce fat. Well, actually to be clear NOT through exercise. Excess fat on various sites on the body do tell us about hormones. For example, high skin-fold readings on the triceps imply high estrogen (dominant female hormone). Or excess skin-fold readings on the upper back imply poor insulin (primary hormone that regulates blood sugar) sensitivity. Or fat accumulated on the abdominals tells us the person's cortisol level is constantly high.

High Suprailiac (love-handle) reading, provided other sites have low fat levels, infers large insulin release with meals (happens with carb-dominant diets). You can intervene by controlling your carb intake (generally means reducing carbs intake and switching to low glycemic carbohydrates like oats, yams, potato, rice etc).

### **Assumptions:**

Since you are a vegetarian I presume most of your calories are coming from carbohydrates

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(white flour, white rice, fruits, pasta, macaroni, etc) and legumes. Since we are living in Pakistan I will also presume you are not taking enough vegetables or if you are, the vegies are overcooked and oily which basically not only has lost most of it's nutritional value but might also not be the bet choice of food!

Strategies:

**1.** I suggest you remove milk from your diet after reading at least 5 paragraphs of the research paper. Apart being full of toxins and having zero nutritional value milk has lactose (sugar in milk) and this will not only release insulin in the body but also cause havoc in the system.

**2.** Second, include more vegetables in your diet (green leafy vegetables). Vegetable gives you ample carbs, nutrients and fibre (very essential for digestive system health). Vegetables also have a very low glycemic index.

**3.** You should write down what options you have regarding your protein intake since you are a vegetarian and cannot have meat, poultry and mutton. Perhaps you could take fish, eggs or seafood? If that's not possible you need to consider replenishing the essential amino acids that the body needs otherwise. Other sources that you can derive the essential amino acids from are; various plants (to make up for all the essential amino acids), combining grains (e.g, rice) and legumes as a meal (that's how most subcontinental vegetarians get their proteins), Tofu, Soymilk (soy has too much estrogen and I don't recommend it), pulses, seeds (chia, sesame, poppy), nuts, mushrooms, lentils. Problem with getting the protein from combining grains and pulses is that again you end up with too much carbs.

**4.** You can supplement the protein requirement with whey protein isolate (this is a by-product of milk with the lactose and fat removed) since you don't have a problem taking milk.

**5.** As a general rule for everyone, you could also reduce portion size. Reduce portion size if you have fat on elsewhere in the body. If it's only the love handles I wouldn't go too low on calories (no need to reduce portion size) but rather seek variety in the diet and stock up on fresh vegies and protein. This article is the way to go if you want to stay lean all the time:

[http://www.moezaryan.com/index.php?option=com\\_content&view=article&id=243:smart-lifelong-dieting-in-a-nutshell&catid=64:posts&Itemid=5](http://www.moezaryan.com/index.php?option=com_content&view=article&id=243:smart-lifelong-dieting-in-a-nutshell&catid=64:posts&Itemid=5)

**6.** Poor insulin sensitivity (the reason for fat accumulation on love handles) has a lot to do with muscle glycogen uptake. Glycogen is sugar ready for use in the body to move, live and operate. Exercise, particularly resistance training (also known as weight training) makes you handle carbs way better than any other sort of exercise. My Diabetic clients show a huge difference in blood sugar after starting weight training with me. Some of them even cease to take their medication for good (although we also fix their diets). After engaging in weight training your muscle's ability to take up the consumed carbs become better. To make you understand this better, you muscles will soak up carbs like a sponge when your muscles are stronger and active. And you don't need to worry about getting bulky that won't happen.

Say goodbye to your love handles,

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Do let me know if you need further informations at [info@moezaryan.com](mailto:info@moezaryan.com) .

Committed to your health,

Moez Aryan

Physique Coach & Nutritionist

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