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Ancient Olympians Followed Atkins Diet

By Dana Scripca

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by: **Dana Scripca**

Atkins diet was unknown 35 years ago. Though it seems that ancient people – athletes particularly – followed a strict diet which is likewise Atkins basic.

Strict diet and severe exercises for Ancient Greeks

Long before dr Atkins finished his theory about ketosis and established his famous diet, ancient people had undertaken it, without any clue at all. Not only they were eating Atkins-style, but also they were strongly practicing regular exercise, as dr Atkins now recommends. Ancient Greeks spent a lot of time educating their bodies. Gymnastic exercises were very appreciated, children were trained and directed to follow a daily training program. After years of strict diet and heavy gymnastics, Greeks finally admitted that "too much and too strict" is not good for health, because this regimen exhausted the human constitution.

Greek Olympians followed meat-only diet

In fact, we talk about Greek people who ate fruits, vegetables, a lot of fish, breads. This was a regular eating regimen for ordinary Greeks, with the amendment that fish was the most common meat eaten in that seafaring region. Quite interesting is the fact that Greek olympians had a bit different eating regimen, a meat-heavy regimen, like the low-carb Atkins's (not so refined, of course, no phases at all). The goal was to develop a lot of muscles and meat was enormously necessary. But not any Greek could daily afford meat on the table. Only upper social strata from Greece could afford it. The olympians also ate more rich-protein legumes which their bodies needed to keep a boost of energy.

Moreover, according to food historian Francine Segan, an ancient Olympic runner was put to undertake a meat-only diet. It seems that this tough exclusive diet was a must to win a competition. That works for runners. The fact that runners ate only meat started a sort of meat diet craze, pointed out the historian. Another condition to complete athletes' diet was to expel bread right before

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competition, eating dried figs instead. Francine Segan admitted that he discovered that while he was searching information about famous Mediterranean cuisine.

Their diet was directed according to Pausanias. Those practicing heavy exercise ate pork and a particular kind of bread. Also, it seems that beef was later introduced in the ordinary diet of the athletes. Goat meat is mentioned, too, in "A Dictionary of Greek and Roman Antiquities". Meat consumption was highly encouraged, as on the Atkins diet plan. Fats, too, since pork, is a fat meat.

Ancient preoccupation with health, diet and exercise is praiseworthy. A low-carbohydrate daily regimen, along with regular exercise are a simple and efficient scheme for losing weight and shaping the body. The ancient people knew it by trying it only. No theories, no calories, no ketosis, no debates around. Maybe they didn't need to know how it works. "Mens sana in corpore sana" worked best for them.

Dana Scripca writes for

where you can find more information about the

Atkins Diet

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Diet Information:The Atkins Diet

By Jason Hulott

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In the '80s we had the 'F-plan', in the Noughties, we've got the Atkins diet. Devotees to the Atkins plan claim to shed their unwanted pounds quickly and easily while still being able to tuck into 'fry-ups', while those who tried it and fallen 'off the wagon' report feeding ill and hungry throughout it.

Love it or hate it, the Atkins diet has actually been around longer than you may think. Developed in the early '70s by the late Robert C. Atkins, M.D. (who was reportedly over weight when he died), his book – "Dr. Atkins' Diet Revolution" – introduced the Atkins Diet to the world.

Atkins' theory is that the way your body processes the carbohydrates you eat — not how much fat you eat — that causes you to gain weight. By lowering your carbohydrate input, and eating high protein food, your body should enter a state of Ketosis. This is where your body burns fat as fuel.

The diet has four stages, the first 14 days of which are very strict indeed. You gradually re-introduce food but opting for a healthier option - eg eating whole wheat bread instead of white.

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The Atkins Diet may be suitable for you if you like to eat a lot of meat, as bacon and eggs form a big part of the `acceptable' diet, while in the first few weeks, pasta, alcohol, certain vegetables and other carbohydrate-rich foods are banned.

There is a list of acceptable foods, which you are not allowed to stray from - not even one chip! – so if you find it hard to follow `rules', you may find the Atkins diet heavy going.

<http://www.uk-diets-online.co.uk> provides information about all the major diet systems available. Download as FREE copy of the Tasty Weight Loss and Muscle Building Recipes Book, a 33 page book which you can download for free to get some ideas for weight loss recipes.

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