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Atkins Diet Plan – What's The Catch

By Martin Smith

The Atkins diet Plan breakfast can usually composed of eggs strips of bacon and coffee. A snack might include coffee with cream, and chunks of cheese. A huge steak fried in butter could be dinner. Doesn't this sound really good? It seems very tempting but there is a catch.

In the beginning you will have to give up most carbs, such as breads, potatoes, pasta, rice and other things like chocolate, cake, some fruits. In theory, when carbs are eliminated from the diet, the body burns stored fat. Weight loss is quicker because fat burns more calories than carbs.

Stable blood sugar levels help you to feel fuller thereby damping your appetite. The Induction is the first phase of the Atkins diet, which you follow for at least two weeks. Only 20 grams of carbs a day, but you can eat lots of red meat, chicken, fish, eggs cream and butter. That you want.

During this phase, your body learns to burn fat and not carbs. The ongoing weight loss phase is the second stage. Add 5 grams of carbs a day until you get to your critical carbohydrate level for losing weight. How many carbs can YOU eat and still lose between 1 and 3 pounds a week? Bread, pasta rice and potatoes are still taboo.

The pre-maintenance or third phase is started when you have only 5-10 pounds left to lose in order to reach your goal weight. Yes! Now you get to add 10 grams a day for one week, to your carb intake, to help your body adjust to the addition of carbs to your diet, and to the final phase of the diet.

Lifetime maintenance, phase 4, teaches you ways to stay motivated. Your carb intake is limited to 90 grams in a day. You will be eating low carbs for the rest of your life. Some doctors have expressed concern about the long term effects of the Atkins and other low carb plans.

High saturated fat consumption may cause an increased risk of heart disease. The lack of certain nutrients in this diet could cause future health problems. The limited intake of calcium could possibly put you at risk for Osteoporosis. The low antioxidant nutrients could lead to cancer, heart disease and premature aging.

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The Atkins diet is boring in the Induction phase. Vegetarians have a hard time with Atkins, particularly in the early stages, due to the limited amount of vegetables, nuts seeds and beans. The Atkins diet presents an image of good health from a proper diet. Some are concerned that once you go off the diet the weight comes back quickly.

The very low carbs in this diet could cause ketosis which can be dangerous for diabetics. The high cholesterol of this diet may cause constipation and heart disease because of the high fat content. This diet, low in fruits and veggies is consequently low in antioxidants that fight cancer. The Atkins plan is that it's not intended for long term use and has serious side effects.

The Atkins Plan works, it is that simple. Weight loss is rapid and you can eat as much protein and fat, as you would like. The carbs eliminated by the Atkins diet can cause a loss of antioxidants which are known to prevent some cancers.

This high fat, high protein diet can increase the risk of elevated cholesterol and heart disease. This Diet really works, although some believe you can't stay on it long term. If you go off the diet or cheat , you will begin to re-gain the weight. Once you start eating a more normal diet the initial weight loss will return.

As with any diet check with a physician—to make sure you are healthy to begin with. The Atkins diet, some believe, is not for long term use and that it poses some serious health risks. If you are overweight, you are already at risk for heart disease and other health problems, and Atkins could increase those risks.

Martin Smith is a successful freelance writer providing advice on a variety of subjects. For more information on

Atkins diet plan

or

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, drop by the website. His numerous articles provide a

wonderfully researched resource of interesting and relevant information.

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

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claim to shed their unwanted pounds quickly and easily while still being able to tuck into 'fry-ups', while those whose tried it and fallen 'off the wagon' report feeling 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.

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.

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