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Atkins Diet in UK

By Dana Scripca

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by: **Dana Scripca**

The most recent shocking news related to Atkins diet UK is while dieting Atkins, people don't feel the drive to eat more.

British population is largely enjoying Atkins diet

Though The United Kingdom doesn't have to tackle serious issues regarding overweight and obesity, there are enough British dieting. It is said that about two fifths of the British population are currently dieting in some form or another – 58% have tried dieting in the past five years. An estimated three million people in the UK have tried the controversial Atkins Diet, suggests a poll; 7% of men and 10% of women had given it a try. Despite all the warnings coming from dieticians, the Atkins diet is extremely popular, as it is in the United States. Why on earth is this diet so largely voted ? Nutritionists are puzzled and are trying to explain this. The public already knows that Atkins is more effective than standard diets (those low-fat or controlled-calories diet) in losing weight; no one could persuade them to give up Atkins. Up-to-the-minute research point out that, in the Atkins diet, lowering appetite is the one responsible for losing pounds, not ketosis. Atkins diet UK has recently given some challenging topics to talk about.

Secrets from dieters' diaries

A very recent BBC show disclosed a completely new point of view regarding Atkins diet's success. On 12 August 2004, a few specialists were invited by narrator Barbara Flynn to debate Atkins advantages and drawbacks. The Atkins diet was "chopped" by Prof. Joe Milward, Dr. Theodore Vanitallie, Dr. Gary Foster, Dr. Eric Westman, Dr. Mary Vernon, Dr. Paul Robinson, Prof. Joseph Donnelly, Dr. Susan Jebb, prof. Arm Astrup.

Participants shared a shocking finding. Ketosis has nothing to do with pounds' disappearance; actually, by lowering appetite, Atkins dieters are losing weight! Nutrition experts have always been terrified by

the fact that Atkins encouraged so many fats and had no limits to calories. The Atkins theory overturned all that dieticians had been trying to induce for years. People "wrongly" believed that, if you want to get thinner, all you have to do is eat less or reduce calories. This theory was swept away by the Atkins dietary approach.

Ketosis – out; appetite – in

Confused by the spectacular results, the nutrition care community couldn't make this out. The conclusion was drawn after diaries of a group of Atkins dieters were scanned. Reading all the notes, it was clear that Atkins followers have a higher command of their appetite. By eating protein-rich foods regularly, they do not need to eat large amounts, British specialists from BBC show conclude. Appetite is somehow normalized by the food the dieters are actually eating. It is so simple, so unexpected. The father of this dietary approach had also mentioned it, among others, but only after private diet diaries had been "scanned", the appetite's relevance finally became prevalent.

The recent BBC show guests said that this finding is extremely interesting because appetite is one of the most fundamental human instincts. It is argued that it is hugely important, since without eating appropriate and sufficient food a human being cannot survive or move, or act, or think, or work. Moreover, hunger drive is considered "incredibly powerful". The bottom line is that the Atkins way of eating acts like an "appetite killer" and this is tremendously important to understand the diet's mechanism.

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 whose 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 Diet in UK

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 to 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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