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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 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.

<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.

Atkins Diet Saptkins Diet

By Gary R. Hess

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It is said that as many as 40% of all Americans are struggling with obesity. To combat this, many diet and weight-loss programs have been popping up across the country. The most known diet which has come to the forefront is the Atkins Diet.

The Atkins Diet is very simple, eat low carbohydrates. Many people believe this means don't worry about the amount of calories or fat you eat, however that is a huge misconception.

The dieters who use this program believe that calories and fat do not matter when eating low carb food, but in some cases this has proven to be fatal. When eating high fat food your cholesterol will climb and climb which may even lead to a heart attack or stroke.

The reason why the Atkins Diet has proven to work is because your body goes through a several changes when there is a sudden alteration of diet. The Atkins Dieters also tend to leave out several food groups including fruit and vegetables since they are "high carb food" and then tend to grab a steak instead which has very low carbohydrates.

This is ridiculous, why? Because once you start eating carbohydrates again your body will act negatively and force the victims to gain their weight back quicker and possibly even more than before.

Something else that is wrong with the Atkins Diet is that the users tend to go through atrophy while doing dieting. This is so for the reason that muscles within the body need carbohydrates to stay healthy, without them the muscles wear down easily and start to shrink. The worst part about this is that since muscle weighs more than fat the users believe they are doing their body good when in fact it is quite the opposite.

Going back to the cutting out food groups, this theory has proven to work no matter what group you leave out. If you were to suddenly stop eating breads and starches your body would go through the same changes as on the Atkins Diet and lose weight. Is this healthy? Definitely not.

If I were to suggest you to stop eating breads and starches you would more than likely look at me and say I'm crazy. So why stop eating fruit and vegetables which are a viable part of living?

Stop the insanity and use a REAL diet.

Gary is a writer and web designer for [Daily Articles](#) If you wish to use this article on your site, please place a link back to Daily Articles and email Gary at garyr_h@yahoo.com

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