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The Atkins Diet - Separating Fact From Fiction

By Nick Nilsson

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Have you ever wished for a diet where you ate bacon, eggs, red meat, butter and sausage all day? Surprise! It's not the Atkins Diet.

The Atkins Diet has been in existence for over 30 years and has enjoyed a surge in popularity over the last few years.

Pioneered by Dr. Robert Atkins, the theory behind the Atkins Diet is simple. Your body prefers to utilize carbohydrates (such as in grains, cereals, breads, etc.) for energy and will burn them first prior to body fat. By cutting down dramatically on carbohydrates in your diet, you force your body to burn fat for energy.

Reducing the carbohydrates in your diet puts your body into a state called "ketosis." This word is derived from the "ketones" that are used by your body for energy when sugars/carbs aren't available. When you are in this state of ketosis, your body is producing ketones from your fat that is being burned for energy. Ketones are essentially the leftovers from this process and are used in place of sugar in the body.

For more information on ketosis, go to

<http://www.ketosis-ketoacidosis-difference.com/>

One of the major misconceptions about the Atkins Diet that has been widely reported is that you can or should eat extremely unhealthy, fatty foods all the time. This is not actually true. Dr. Atkins recommends that you limit your intake of these types of foods (e.g. butter, sausage, bacon, etc.) and instead focus on healthy fats such as olive oil, fish oil, nuts, etc.

The Atkins Diet has many positives and negatives that have been associated with it. Some of the positives include:

Rapid Weight Loss - though the first couple of days the majority of weight lost is water, your body does become more efficient at fat burning and you do lose fat.

Reduced Mood or Energy Swings - eating carbohydrates (especially sugary ones) can lead to mood and energy swings. This is often seen as the post-lunchtime or afternoon energy crash. When you eliminate the carbs, you eliminate the source of this problem.

Reduced Consumption of Refined Foods - highly refined foods are the source of many health problems. The more processed a food is, the less nutrients are generally in it. The Atkins Diet encourages a focus on the consumption of more natural state foods such as vegetables, lean meats, fish, eggs and healthy oils.

Some of the negatives that have been associated with the Atkins Diet include:

Rapid Regaining of Lost Weight - this can happen when a person comes off the Atkins Diet. They regain all the weight they lost. One of the major reasons for this is that when you eliminate the carbs from your diet for a long period of time, your body becomes more sensitive to them. When you go back to your regular eating habits (which may not have been great to begin with), your body reacts more strongly to the sugar and carbs in foods, leading to weight gain. This weight gain can be reduced by easing off the Atkins Diet gradually rather than by feasting on carbohydrates.

Lack of Food Choices - it can be difficult to find things to eat that are low carb. Most grocery stores are primarily stocked with carbohydrate-laden foods and it can get boring eating the same things over and over again. Luckily, with the popularity of the Atkins diet and other low carb diets, there are many delicious recipes available to help alleviate this boredom.

The Atkins Diet may not be for you but by incorporating some of the principles in it, such as lowering your carbohydrate intake and eating more natural-state foods, you may find that you can achieve great results without ever having to restrict yourself. It may take a little longer but the results will be more permanent as it is more of a lifestyle change than a diet.

Nick Nilsson is Vice President of BetterU, Inc., an online exercise, fitness, and personal training company. Check out his latest eBook "The Best Exercises You've Never Heard Of" at <http://www.thebestexercises.com> or visit <http://www.fitstep.com>. You can contact him at betteru@fitstep.com or subscribe to BetterU News, his fitness newsletter at betterunews@fitstep.com.

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.

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