

## South Beach Diet Information

Are you sick and tired of trying every new diet available, and not seeing lasting results? Have you tried all the traditional means to lose weight and not been satisfied with the outcome? This new eating program combines all the best parts of leading fad diets, together with new nutritional information and the expertise of the founder, a respected cardiologist, to produce a diet plan that's sure to work for anyone who follows it properly. This diet doesn't just cut out entire food groups or force you to starve yourself, or give up all your favourite foods. It doesn't make you eat at strange times of the day or snack on exotic vegetables you can't find anywhere. It simply teaches participants about how food and the body works, and about which foods are best for you, and how to maintain a healthy lifestyle. Using the glycemic index as an indicator of the kind of sugar in carbohydrates, the South Beach Diet can help you to eat the right carbs and fats, get fiber and healthy fruits and vegetables into your diet and still not leave you feeling hungry. The brilliant thing about the glycemic index is that low GI foods have a slower release of energy, and so keep you feeling fuller for longer. They can keep your blood sugar stable, unlike sugary products which can cause it to fluctuate, and this is useful in diabetic patients and can help to prevent the onset of diabetes. Together with learning how and what to eat, eating healthy, tasty food which keeps you feeling full, and creating a balanced diet plan, this program can help you lose weight. This eating program has three stages. The first two weeks are an initial stage which heavily limits the number of carbohydrate products consumed. In the weeks following the initial stages, the diet focuses on crave-controlling, and helping you to get rid of your food cravings. This is so you can re-introduce foods you may like, but may not be healthy, in moderation. After this comes the lifetime diet, to change the way you eat every day. One of the best things about this plan is allowing people to snack for the whole day to remove their hunger while maintaining their metabolism. The portion sizes of the meals are substantial enough to make you feel full. This eating program comprises of all the information learned from other leading diets - the properties of various foods and how they effect the body, the GI count, and more. This plan is the best yet, and has been known to produce amazing results, participants have lost between eight to thirteen pounds in the first fortnight! The first stage of the diet can be very challenging, as it restricts carbohydrates heavily until you reach your target weight, within the first two weeks. Most of the weight lost during this period will be water-loss, and so weight can fluctuate. However, this is normal, and in the following stages the eating program can teach you to battle food cravings and then, finally, to adopt a healthy eating lifestyle, a plan you can maintain throughout your life to keep you fit, trim and healthy. It is advised to buy Dr. Agatson's book, for all the information you need about the diet, food and the body in order to succeed on this plan. It's widely available in many online stores, and perhaps you can also find it in your local bookstore. It is wise to consult your doctor or physician first before indulging in any diet plan, especially if you have health problems.

## About the Author

The official site of The Zone Diet weight loss program, health and nutritional.

Source: <http://productsherbal.com>