

The Atkins Diet

With so many diets on the market today, sometimes it is difficult to know which one to choose. But, truly, diet is the key word that should convince you that the Atkins Diet is a plan that will result in weight loss and maintenance for life. The problem with many weight loss programs and the reason why so many of them fail is that they do not address the problem of what to do once the ideal weight has been achieved. This is not so with Atkins. In this plan, the dieter is not only given the keys and advice that they need to lose weight, they're also given the tools they need to keep that weight off. The Atkins Diet not only looks at this as a journey to a desired weight, it sees the need for the dieter to entirely change the way that they look at food and eating. The Atkins Diet incorporates an education about foods and their effects on the body. In learning these effects, the choices for food consumption will be drastically different when the plan reaches the stage of ideal weight than it was at the beginning. In this way, the dieter has a much better chance of keeping the weight off. In the beginning, there is a time period of dramatic limitations on food choices. That's not to say that there are none, but the choices are limited. For some of that time period, you may be hungry some of the time, and the diet will not allow you to satisfy that hunger. That alone will tend to turn people from the diet. But, the weeks following this are filled with gradually putting back some of the foods that were cut in the beginning. These foods will be put back gradually and in smaller amounts, but they won't be denied forever. Another part of this diet that may be considered a problem is that it requires a large amount of self-control. Unlike weight loss programs like Weight Watchers, there are no meetings, there is no community of people that you can turn to for support. You are ultimately in control of how closely you follow this diet, which can be trying at times. When you are hungry, but are only allowed to eat certain foods, it may be difficult to resist temptation. Self-control for some may also be a positive. If there are no groups and no meetings, there are no weigh-ins that can be embarrassing for some. Also, with the Atkins Diet, you are ultimately in control of what you eat. There are no meals created for you. You are not restricted to frozen pre-packaged foods that come along with the diet. You are free to eat whatever you like as long as it follows the correct carbohydrate count. The biggest benefit to it is that it will provide the dieter with a new outlook on food. The successful dieter with this plan will achieve their ideal weight and be educated as to how to keep the new healthy lifestyle they've attained.

About the Author

Diet and Nutrition. Explore more than 70 nutrition topics ranging from vitamins and minerals, to additives in food, school lunches, vegetarianism, and more.

Source: <http://productsherbal.com>