

All About the Atkins Diet

Over the past few decades, the Atkins diet has really hit the diet world with full force. This health phenomenon is based on *The Atkins Diet*, a book by Dr. Robert C. Atkins. His concept for weight loss is that we need to be concerned with the carbohydrates we eat, not the fat. Many people have found great success using the Atkins diet. However, it is not for everyone. Before you start the Atkins diet, or any kind of diet, talk to your doctor to make sure it is a good idea for you.

When you're on the Atkins diet, there will be little calorie counting, but say good-bye to junk foods and processed foods. You will also be eating few carbohydrates and many foods high in protein. The theory behind the low-carb diet found with the Atkins diet is that by reducing your intake of these foods, you will enter a phase in your body called ketosis. During ketosis, your body will burn fat in the body for fuel instead of using the foods in your diet, which will in turn stop insulin production, which will in turn prevent more fat from being stored.

There are four main stages to the Atkins diet: induction, ongoing weight loss, pre-maintenance, and maintenance. During the first two weeks, you are in the induction stage. During this time, many people report losing 15 pounds or more, simply because carbohydrate intake is cut down to 20 grams every day. The only carbs you can have are low-carb vegetables, and even then they are very limited. The second stage, known as ongoing weight loss, will let you have 25 grams every day. You will then move on to pre-maintenance, in which you can try out other foods to see what carbohydrates you can add into your diet. After you've reached your weight loss goals, you may eat all good carbs, but the premise behind the diet plan is that you won't want to eat these foods. Choosing healthy carbs will become a way of life.

As with any diet, you'll have to exercise in order to lose weight. Healthy lifestyle changes, such as quitting smoking, are also important. Many people have called into question the safety of the Atkins diet due to its severe methods, and some say that the plan only makes you bounce back to your original weight as soon as you hit the maintenance level. The key is to find something that works for you and your weight loss goals and that is healthy for your body.