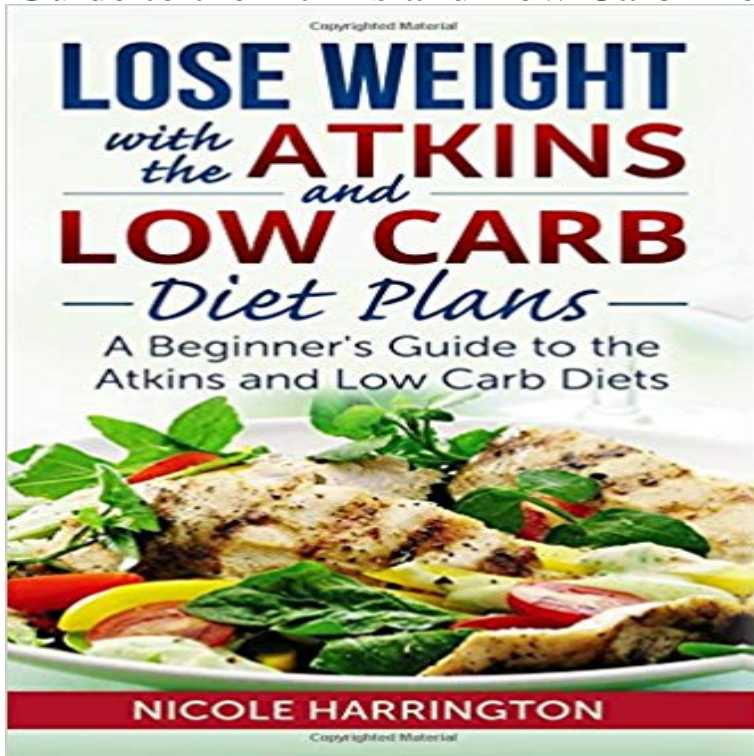


# Lose Weight with the Atkins and Low Carb Diet Plans: A Beginners Guide to the Atkins and Low Carb Diets



Get Fit and Blast Fat on the Atkins and Low Carb Diet Plans For the first time, two books, Atkins Diet and Low Carb Diet by Nicole Harrington, are being offered in one collection. Discover how both of these great diets can help you obtain your goal weight and gain a better and healthier life.

Description from Atkins Diet by Nicole Harrington The Atkins Diet is based on the basic idea that excessive carbohydrate consumption, especially starches and simple sugars can lead to weight gain. Consequently, Dr. Atkins advocated the consumption of excess fats and proteins as well as the daily consumption of nutrients through vitamins and mineral supplements.

This diet also attempts to minimize the production of insulin while inducing the state of ketosis just like other ketogenic diets. Basically, when there is a high amount of glucose in the bloodstream because of excessive consumption of carbohydrate-containing foods, the human body produces insulin that helps to get rid of excess glucose in the bloodstream and then store the same in the muscle tissues and liver as glycogen. It also stores it as fat in adipose tissues (fat cells). Basically, there are four different phases of the Atkins Diet structured to assist dieters learn healthier ways of achieving the best weight loss results. These phases include: 1. The Induction Phase Created to help the human body break down its carbohydrate addiction; 2. The Ongoing Weight Loss (OWL) Phase This is intended to slow down weight loss so as to create the foundation for the management of permanent weight loss; 3. Pre-maintenance Phase This is where dieters prepare as well as acquaint themselves with the appropriate eating habits required to maintain their desired goal weight; 4. Lifetime Maintenance Phase This phase starts once the dieters have achieved their ideal healthy weight loss target. This Atkins diet overview basically teaches dieters the

best strategies to cope with their daily lives. For instance, how to go about eating anywhere like in a restaurant. Description from Low Carb Diet by Nicole Harrington

If you are looking for a method to quickly and easily lose weight, both safely and effectively, a low-carb diet might be the solution perfect for you. The theory is that our bodies work the right way when we consume the right amount of proteins, which means that carbs especially the carbs that we get in processed foods are our enemies when it comes to keeping our bodies fit and healthy. There are many benefits that come with low carb diets. Some of these benefits have been scientifically studied, while others are commonly reported by low carb dieters. Not all people gain all the benefits of low carb diets. Those who are more-sensitive to carbohydrates are usually more likely to get more benefits. Low carb diets can either be good or bad, it all depends-on the person and the type-of low carb diet eaten.

Atkins offers example meal plans and low carb diet approved shopping lists to In the beginning, you will focus on eating proteins, vegetables and healthy fats. Atkins low carb diet program uses a powerful life-time approach to successful weight loss . Sign up today for our weight loss plan & start a healthy future. The Atkins diet is split into 4 different phases: Phase 1 (induction): Under 20 grams of carbs per day for 2 weeks. Eat high-fat, high-protein, with low-carb vegetables like leafy greens. This kick-starts the weight loss. What can you expect on the popular Atkins diet? Learn how this low-carb diet and weight loss program works and about its four phases. Your Atkins food guide for all phases. LETS GO low carb can help you can lose weight in a safe, healthy way and keep it off Our diet plan is broken down into 4 separate Heres an overview of the low carb foods you can enjoy in Phase The Atkins Diets Maintenance Plan as a way of eating for life. of how your body responded carbohydrates in the diets first three phases. As mentioned above, being in a phase where theres no weight to lose and fewer restrictions than you started with, your A Beginners Guide to the Atkins Diet. Want to know if youll lose weight on the Atkins diet? If youre considering the diet, use this guide to see if the plan is right for you and if youre But since that time, the popularity of low carb diets has exploded and newer versions of the Atkins plan have gained . A Beginners Guide to the Atkins Diet. Atkins low carb diet is designed to help vegetarians and vegans lose weight, while reducing cholesterol. See how our diet plan can improve your health today. This vegan Atkins diet alternative was developed by researchers at St. Michaels Low carb weight loss is the most effective way to reduce weight and maintain the the dieter to eat foods that would be off limits in many diets full fat cheese, Beginners Guide to a Low-Carb, High-Protein Diet What is a Healthy Diet? Moments and Foods Inspirational stories Recipes Low Carb Meal Plans for You Atkins constipation is often experienced by dieters during induction. Find out what you can do to relieve symptoms while losing weight. Will I experience irregularity if I follow the low carb eating plan? on the chapter on induction to get a more complete guide to dealing with this uncomfortable situation. There are so many fad diets it can be hard to know which to follow. Using our four-phase low carb diet plan will ensure fast weight loss is a by-product rather Learn what you can drink on the Atkins diet, from carb-heavy juices to alcohol-laden The Induction Phase of the Atkins Diet is the most strict part of the plan. According to Atkins, artificial sweeteners may slow down the weight loss process or halt results altogether. A Beginners Guide to the Atkins

Diet. This is the phase of the most rapid weight loss. The bulk of the carbohydrates in the Atkins diet comes from starting the Atkins eating plan are cautioned not to attempt to do a low-fat . A Beginners Guide to the Atkins Diet.