

Title:
Atkins Diet

Word Count:
447

Summary:

Advantages: lose weight fast, eat a lot of meat

Disadvantages: possible stomach/kidney problems, lack of energy

Recommended: yes

There are so many diet regimens offered in the market today. Each one has its own unique character.

The idea behind this diet is that you reduce your carbohydrate intake...

Keywords:

health and beauty, food, diet, body cares

Article Body:

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There are so many diet regimens offered in the market today. Each one has its own unique character.

The idea behind this diet is that you reduce your carbohydrate intake to the barest minimum. This is not an easy diet to follow.

You must be very patient and disciplined in order for this diet to work for you. I had to learn a lot about myself and my body.

It is not as bad as it sounds because this diet focuses on high protein intake. That means you can still enjoy a variety of foods.

You might end up spending a lot more on your food though, as meat products and other high protein foods tend to be more expensive.

Another very important thing to remember is that Atkins works while you are on it. If you suddenly revert to your old eating habits, you will gain the weight back.

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