



Atkins Diet: Weight Loss Secrets of the Atkins Diet Plan Revealed

Nicole Harrington

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Take charge of your life and learn how to lose weight safely and effectively

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.

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