

File Created by [Blogging Rebirth](#) WP Plugin

Atkins Diet Controversy - Destructive or miracle weight loss solution

Since its inception in 1972, the Atkins diet has been the center of much debate. The Atkins diet controversy stems mostly from the fact that the diet ignores accepted nutritional norms and is seen as appealing to humanity's baser habits of over indulging on unhealthy foods. Many authorities feel that the diet is destructive and will destroy the health of those who engage in it.

The most common question about the Atkins diet is whether it is healthy for people. Supporters of the diet claim it is an excellent way to lose weight and increase overall health. They cite frequent results such as the ability to lose 10 pounds in the first week and claim that this slowly increases over time, especially in conjunction with exercise and supplements. Furthermore, they aver that by following the diet they are able to enjoy meat and other fatty foods more frequently.

The diet has some high profile critics, including: the US food and drug administration (FDA) and The American Medical Association (AMA). Although the diet promotes an increase in the consumption of meat in order to provide the protein for muscle growth. Critics claim that the weight loss associated with the Atkins diet is caused by a combination of fluid and lean muscle loss which doesn't help with fat loss. The loss of lean muscle is never good, especially in those who need to lose weight. Furthermore, they claim that losing 10 pound in one week is physically damaging to a person's health. It is believed by critics to be the supplements and exercise rather than the actual diet that assists with weight loss.

Apart from concerns about the effect of such rapid weight loss, critics are also concerned about people engaging in the Atkins diet without understanding it and especially, without seeking medical advice. There is also the risk of underlying reasons for being overweight existing, or there may be health problems that make dieting a risky proposition. For example, if a person is a diabetic and doesn't know it, the sudden reduction in carbohydrates caused by the Atkins diet could cause them to go into a coma or even die. While this is an extreme example, the majority of people who have participated in the Atkins diet report suffering from dizziness and light headedness by day three or four. These symptoms sometimes even result in physical collapse or loss of consciousness.

There is a very good reason for this. The Atkins diet is an extremely low carbohydrate diet. Carbohydrates provide the source of fuel to the body, and they provide it almost instantaneously. When you restrict carbohydrate intake, your body must convert either fat or protein into carbohydrates then into energy. As you can imagine, this takes longer so the energy isn't instant. If you engage in a sudden period of intense activity, your energy levels can run out and that is when these symptoms occur. While a body with no underlying health issues can cope with this, a body with medical conditions such as diabetes will not cope well at all. As you can see, it is not a good idea to start a weight loss plan without first consulting with your doctor.

The general consensus on both sides of the debate is that the Atkins diet does achieve results. However, critics believe that the risks outweigh potential benefits. There is growing scientific evidence to suggest that the diet may have some true benefits.

Despite potential benefits, the risks will always deter some people. Ultimately, you are the only person who can make the decision of whether the Atkins diet could be the solution you are seeking and you can't always allow others to make your choices for you.

Certainly, as long as the Atkins diet has its protagonists (supporters), it will also have its antagonists and the Atkins diet controversy will probably rage for many years.

You can also find this article published on [Atkins Diet Controversy - Destructive or miracle weight loss solution](#)