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Atkins Diet Controversy

It is debatable whether there has ever been another such furore in the weight loss industry as that caused by the Atkins diet controversy. With many vocal supporters and equally vocal antagonists, one could be forgiven for feeling somewhat confused over the whole issue.

It is not a difficult task to find weight loss success stories from those who have used the Atkins diet successfully. The media and internet are full of such stories. This indicates that the Atkins diet is a viable, effective, fat burning diet. Recent scientific research has indicated much potential in the Atkins diet as a fat burning diet for those who wish to use it.

Unfortunately, not all arguments in the Atkins diet controversy are positive. For all the success stories, organizations such as the FDA (US Food and Drug Administration) and AMA (American Medical Association) continue to question whether the Atkins diet is healthy or damaging to those who engage in it. These arguments require further research in order to be resolved. However, the Atkins diet has certainly offered some valuable insights into what makes a person lose weight and nobody is disputing this. Any overweight person would welcome, with open arms, the opportunity to lose the amount of weight that the Atkins diet proffers.

One of the best aspects of the Atkins diet is that forces your body to burn fat cells for energy requirements by reducing carbohydrate consumption which is the body's natural source of most of it's immediate energy needs.

Of course, there are new diets coming out constantly, some of which work and some of which don't work. These diets seek to replace more traditional diets that are proven to be effective for those who use them. And the Atkins diet is no exception. It is constantly being compared to other weight loss plans being touted by those who want to take it's place.

The Atkins diet focuses around the consumption of meat rather than carbohydrates. The protein in meat and other high protein foods such as eggs, helps to create a feeling of having our appetite satisfied. This effectively stops us from overeating. In addition, protein requires significantly more energy to digest than carbohydrates. This is an example only, but say for argument sake that it takes 15% of the calorie intake from carbohydrates to digest it, with protein that figure is more like 25% because the body has to work harder to digest protein.

One of the arguments behind the Atkins diet controversy regards the risk of people engaging in the diet without getting the full information on it and making mistakes that are detrimental to their health. This unfortunate ignorance creates problems in the long run. If you want to use the Atkins diet, make sure you follow it properly... don't listen to me or someone else on the internet. Get the full story from the Atkins website at <http://atkins.com> and make sure you follow it to the letter. When you do this you can start setting life goals for you healthy according to the guidelines of the diet.

It is up to you to determine whether the Atkins diet is the weight loss solution you are seeking and it is a great plan when used properly and in conjunction with regular exercise and vitamin supplements to provide the vitamins that the diet lacks. While the Atkins diet may not be right for everyone there are plenty of reasons to listen to the Atkins diet controversy.

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