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How Does The Atkins Diet Work

With recent studies revealing that around 75% of people in western society are overweight, many individuals are looking for diets and some are asking the question, 'How does the Atkins diet work'? The basic concept of the Atkins diet is that it provides a way to reduce carbohydrate consumption while adding meat (and therefore protein) to your diet in order to maintain energy levels and reduce hunger pangs. The Atkins diet claims that this assists with weight loss since carbohydrates are the primary cause of weight gain in the first place.

Vitamin supplements and exercise are also an integral part of the Atkins diet. As with any diet, a regular exercise routine is fundamental to success in order to maximize weight loss results. Vitamin supplements are required to compensate for essential nutrients that you do not receive as a part of the Atkins diet. Many individuals mistakenly believe that they can lose weight by diet alone. Unfortunately, this is not the case losing weight by diet alone and not exercising results in loss of muscle tone and when the diet is ceased the weight will rapidly be regained. Diets may remove foods that cause weight gain in everyday meals and snacks, but they do not cause weight loss, only exercise can do this.

The Atkins diet reduces carbohydrates in order to deprive the body of the instant energy that carbohydrates provide, thereby forcing the body to burn fat cells to meet energy requirements. Carbohydrates are also the primary element that is converted into fat cells. So reducing carbohydrates also stops them being converted to fat. Of course, carbohydrates will not contribute to fat storage if the calories ingested are 100% offset by the amount of energy required in a day. Unfortunately, this rarely occurs except in those who are extremely physically active like athletes and sometimes tradespeople (builders, plumbers etc) whose work is extremely physically demanding. It is easy to consume more calories than are required by our bodies on an average day, especially since we rush our meals which results in overeating.

Try this little experiment. When you sit down to a meal, chew each mouthful at least 50 times (some people say 100 but I think that is overkill). You will discover that your hunger is satisfied much sooner than it would be if you ate quickly... frequently before you even finish your normal portion. Another tip in reducing the amount to eat is to reduce the size of the plate you eat from. The reason this works is because we eat with our eyes as well as our mouth. It's a strange but proven psychological phenomenon that precisely the same portion size is more filling from a smaller plate than it is from a larger plate. Anyway, enough odd little experiments :)

With the Atkins diet, while wondering how does the Atkins diet work, many individuals are suffering from insufficient information and sometimes even misinformation regarding the Atkins diet. For instance, individuals on the Atkins diet are unable to eat as much cheese or meat as they might think. In fact, portion sizes should be limited to specific amounts and those amounts need to be offset by other components of the diet. This common misconception has created much confusion regarding how the Atkins diet works.

However, when misconceptions are overcome, the Atkins diet works exceptionally well, provided that you are not pregnant, diabetic or anemic. Before starting on the Atkins diet, you should consult with your doctor to ensure that you do not have medical conditions that make the Atkins diet inadvisable. Learn how the Atkins diet works, and what it can and can not do for you.

Ultimately, only you can decide whether to go on the Atkins diet. There are several factors to consider, but perhaps for you the benefits will outweigh any potential pitfalls. Now that we've answered the question of how does the Atkins diet work you should be in a better position to determine your best option.

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