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Staying Faithful To The Atkins Diet

Staying faithful to the Atkins diet can present quite a challenge, especially during induction phase which many individuals view as the hardest phase of the diet. Induction phase involves a dramatic reduction in carbohydrate consumption which can be overwhelming for the dieter. Common side effects at this stage include dizziness and even loss of consciousness. However, for those who are able to persist, there are clear benefits to the Atkins diet.

For example, the Atkins diet encourages faster, more efficient weight loss, especially in conjunction with a regular exercise program either at home or a gym. The added benefits can be even greater when utilizing supplements that boost your metabolism and provide your body with the nutrients it requires to be healthy. The Atkins diet works by a four-phase process that gradually introduces you to each new phase, with the final phase being maintenance where your diet provides precisely your energy requirements with nothing extra.

The four phases of the Atkins diet are:

- Induction phase - two to four weeks in which carbohydrates are reduced to a maximum of two thirds of an ounce (20g) daily.
- Ongoing weight loss phase (OWL) - Carbohydrates gradually increased until you're losing 2-3 pounds per week. Phase ends once you hit 10 pounds ABOVE your goal weight.
- Pre-Maintenance Phase - Carbohydrates increased further until you reach your weight loss goal. During this time you will discover precisely how much carbohydrate is required to maintain a stable weight.
- Lifetime Maintenance phase - Begins when you have reached your ideal, healthy weight and are ready to simply maintain that weight

Diets are never easy to stick to, especially since we are surrounded by delicious foods tempting us to indulge ourselves. By cheating on your diet, you are defeating the purpose of that diet by your own actions and can eventually ruin the diet entirely. However, the Atkins diet will help you resist temptation and move forward by following the principles of the diet. Because you won't be feeling hungry all the time it will make it easier to stay faithful to the Atkins diet.

For those who experience difficulty following a diet, it may be advisable to ask a friend or family member to diet with you. This makes you answerable to someone and also provides you with a support partner and perhaps even an exercise partner. If this is not an option, you could pay a professional trainer to oversee your diet or request that your doctor monitor your progress while on the Atkins diet. Having a support person to work with you is a great way to keep you motivated and build your self-confidence to assist you in following the diet. Be aware that you may experience dizziness whilst on the Atkins diet and avoid climbing ladders if you do experience this side effect in order to protect yourself.

Refer to the instructions within the diet on a regular basis and do what you need to each week. Self-control really pays off with any diet, especially if you exercise in conjunction with the diet. Each instruction has a logical reason behind it, and the reward of losing weight and looking great will really boost your self-confidence.

The fast paced lives that we live these days makes it difficult to stay faithful to any diet, and the Atkins diet is no different. Quite frankly, many diets are not worth the effort they require. Researching any diet carefully is crucial, including the Atkins diet. Consult with your physician before starting any diet so they can ensure that there are no underlying health issues contributing to weight gain and also so they can ensure that you are healthy enough to undergo the challenges of dieting and exercise. Staying faithful to the Atkins diet can make a huge difference to your life when you do it properly.

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