

## THE SKINNY ON ATKINS

Every now and then there is a new fad diet conquering the market which – this time for sure – will help solve everybody's diet problems. The most popular one is probably "Dr. Atkins' New Diet Revolution". Here are the most important things to know about this diet:

### **How The "Atkins Diet" Works**

Basically, the Atkins diet requires an extreme deprivation of carbohydrate containing foods for two weeks in combination with an unlimited allowance of meats, fish and fats. After these two weeks, carbs are slowly being re-integrated into your diet.

### **You Will Feel Crazy**

Trust me, you will feel not your best during the first couple of days: You cannot think straight, you forget things, your breath stinks and you are extremely thirsty.

One of the things, that I usually tell me clients is, that being on a diet does NOT require you to feel lousy. Especially not if you want to stick to that diet for life.

### **Drop The Caloric Intake**

In the beginning on Atkins, you will consume up to 3,000 calories while later your intake will be lowered to 1,000 to 1,500 calories.

This is pretty similar to the course a nutritionist or dietician will put you on while they constantly monitor your progress and then adjust your food plan accordingly.

### **You Are Losing Weight?**

No doubt, you will lose weight on this diet. But let's take a closer look: In our bodies' muscles, each molecule of glycogen (= storage form of carbohydrates in our body) is connected to about 3 molecules of water. If we get rid of a whole lot of the glycogen in our muscles – which we do on the Atkins diet – then, we will per molecule of glycogen lost, in addition have lost around three molecules of water. Our muscles are 70% water.

ERGO: The more muscles you had pre-Atkins, the more beneficial this fad diet will appear to be. . . that is until you eat carbs again.

### **Risks And Side Effects**

Along with many other complications, one is an increase in homocysteine levels which is often associated with an increase in risk of heart disease.

### **Finally, Repeat After Me: Thou Shalt Not Always Trust The MD!**

Sad but true: MD's only get minimal training in nutrition in university. They **may** not be much better qualified to create a diet than you. Just because they have a fancy academic title, we must not assume their credibility in all fields. If MD's actually did know something about nutrition, there would not be a need for registered dieticians at hospitals and clinics all across the USA.

So, stay well and enjoy life!