

## Are You Aware Of The Pros and Cons of the Atkins Diet?

Dr. Robert Atkins' weight loss program has been all at once the subject of derision, admiration, controversy and scrutiny. It easily ranks among one of the most hyped up diets in history, but not many sources will tell you what's so good – and so bad – about it. Here are the pros, cons and a few other critical tidbits you should know before you join the melee – or try the diet for yourself.

### The Advantages of Atkins

No matter what critics might say, there are still some positive things to Dr. Atkins' program, otherwise it shouldn't have gotten so many adherents in the first place. While medical professionals might scoff at these advantages, they're still pretty attractive if you're the typical person just looking to lose weight.

**It works quickly** - One of the biggest factors in the worldwide appeal of the Atkins diet is that it can deliver results in a relatively short time. Dieters under the Atkins program report considerably greater weight loss in six months than traditional dieters did in the same amount of time.

**Meat and fats are allowed** - Even if your doctors say that greens and veggies are the best food for your body, you're probably not very eager about turning herbivore. Under the Atkins diet, eating meat isn't just allowed; it's required.

**Stick to it!** One of a dieter's biggest problems is to adhere to the program at all times. While that's usually a tall order with bland, vegetable-heavy diets, it's much easier given all the flavor and variety allowed by the Atkins program. And because you have a wider range of food allowed, you're less likely to fall off the path and restart from square one.

### Against the Atkins Program

This is the part that your doctor probably tells you about. Medical professionals usually don't prescribe low-carbohydrate, high-protein diets to anyone other than epileptics. But these aren't just dire, pro-vegetable warnings; there are a few things here that might interest you as well, even if you've already started.

**It's not worth sustaining** - Although the Atkins diet *does* give huge results quickly, the law of diminishing returns kicks in just as rapidly. Within 12 months, the difference between losses under the Atkins diet and traditional diets will have become insignificant.

**There are risks** - Because you're drastically reducing one part of your diet and then ramping up the quantity in another, extremes are possible – and dangerous. The Atkins diet places greater pressure on the liver in particular because it facilitates the breakdown of fat, which serves as your primary energy source in the absence of carbohydrates.

**Social life may be at risk.** There have also been quite a number of rather embarrassing effects of the Atkins diet like bad breath, smelly urine and body odor. As a modified ketogenic diet, the Atkins program gets a higher amount of ketones

circulating in your body. The higher amounts tend to manifest as an unpleasant smell when expressed through glands like the salivary or sweat glands.

The Atkins program isn't necessarily for everyone, and it will all depend on what kind of results you're looking for in your diet. If you think that the advantages are worth suffering the disadvantages, and then by all means try the program. Just don't forget to see your doctor or a medical professional before trying anything out.