

Is Kimkins Right for You? - Kimkins Diet Review

With the huge amounts of diets available today that all claim to be the best, it can be very difficult to decide for yourself what works and what doesn't. No doubt, many diet plans make big claims but deliver little in the results category. This proves to be incredibly frustrating to you if you desire to lose weight. You go from one diet plan to the next without ever receiving any of the amazing results promised. You start to feel like you are doomed to be overweight forever. This is the way many people go through life. I am always on the lookout for new and innovative diets that are actually effective. There is nothing I despise more than over-hyped claims that don't stack up to reality. This kind of misrepresentation is harmful to everybody. I am only interested in what works in reality. This is the code I live by. What you read here is going to offer an objective look into whether the Kimkins diet is right for you. Let's get right into the specifics: The Kimkins diet is an interesting mixture between the South Beach and Atkins weight loss plans. Basically, you should eat less fat than Atkins and less carbs than South Beach. This is the premise of the Kimkins diet. I cannot give away the actual details of the diet because it is copyrighted material owned by Kimkins. I can say, however, that I found the diet to be very reasonable. You should not have a problem adhering to the guidelines for an extended period of time. This is where I see a lot of diets go wrong. They claim rapid weight loss, and yet they are too strict and harsh. The problem lies in the fact that these extreme diets are almost impossible to stick with. This means that you get great results for two or three weeks but then find yourself drifting back into old eating habits and rapidly losing all of the ground you have made. You need to find a diet that is easy to stick to and provides real, measurable results. This is the only way to achieve lasting weight loss. I feel that most people would not have a problem adhering to the Kimkins plan. While it does ask you to change your eating habits, it is not outlandish. I liked this about the diet because it allowed me to incorporate it into a way of life. That is what is really necessary... A lifestyle change. This is what brings about real, lasting results. When you do a search for the Kimkins diet you will see many weight loss claims. Some people say they were able to lose over 200 pounds using this diet. These are some pretty big claims. The question is, is this possible for you? Whether you want to lose 10 pounds or 200, you don't want to waste your time with diets that do not deliver. Because of the way the Kimkins diet is set up, if you follow the guidelines (which, are very reasonable), you are bound to lose weight. It is well balanced, fulfilling, and easily incorporated into a way of life. This is exactly what you want... a diet that will be easy to follow for longer than 2 weeks. Not to mention, the prices of some of the diets out there are excessive, to say the least. The one-time fee of \$39.95 for the Kimkins diet is refreshing and practical. You need a diet that is effective and easy to implement, if you want to lose weight and keep it off for good. I can honestly say that I would recommend this diet to anyone.

About the Author

South Beach Diet discussion forum, guides, food list and South Beach recipe for south beach diet beginners.

Source: <http://www.productsherbal.com>