Atkins Answer for Obesity Problem

Nowadays both men and women are so conscious about the way they look especially when it comes to their body figures. Obesity is one of the most serious problems that one can encounter. Being obese can make one person lessen their confidence. Today in you'll try to search the internet, read magazines and newspapers or even try to visit your favorite stores there are lots of diet products sold. Some are diet pills; some are herbal teas, and a lot more. Many people that are too vain in their body figures invest lots of money just too look good. A research study shows that a new diet strategy is discovered. A way of dieting for a person, which is proven to be safe and effective compare to other dietary plans. This new study of losing weight is called the "Atkins". In Chicago using Atkins plan has become popular as way of losing wait especially for obese people. The Atkins diet plan is popular in marking as one of the most effective, long time studied diet plans that beats the Zone and the Ornish diet in the guidelines of U.S. dietary plan. Those people who tried using the Atkins plan lost more weight during the days their using it compared to the low -carb Zone diet. It is also proven that their blood pressures and cholesterol stats are better compare to the days that they are using the high-carb Ornish diet and the Zone diet. A researcher from Stanford University said that Atkins is healthier than other critics contend according to studies... Many users said that Atkins is much easier to follow a diet that will advise you to eat bacon and brie compare to strictly fruits and vegetables. According to research when you used Atkins plan followers lose about 10 pounds within 1-year compare to Zone dieters who only lose 3.5 pounds. A study was conducted for 311 women ages 40 years old on average and was designated to measure the effectiveness of reading a diet book in helping you lose weight. They attended weekly classes where the main topic is about dieting and were given questionnaires. And at the end of the study Atkins was proven to be safe for it lessens the risk of getting higher levers of HDL cholesterol compare to other diet plans. And because of the effectiveness of using the Atkins plan in losing wait a nurse name Jackie Eberstein promotes the Atkins plan for the results are not surprising. For eating food that is rich in protein makes individuals less hungry. All studies were proven and funded by the National Institutes of Health and Community Foundation of Southeastern Michigan.

About the Author

Weight Loss and Diabetic Nutrition Therapy improves metabolism, symptoms of Diabetes, Heart Disease, and High Blood Pressure.

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