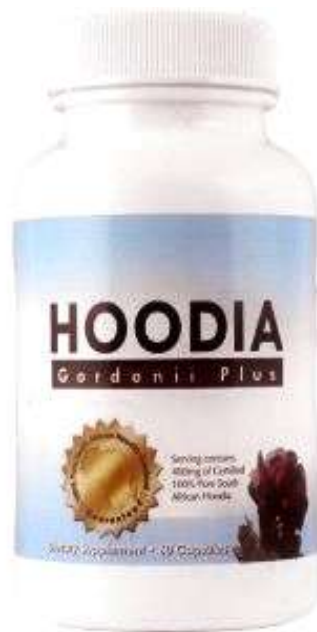


**A Easy Healthy Diet Way to Lose Weight the Top Brands ~
Who Should You Trust ~ Hoodia Diet vs Atkins Diet Do They
Live Upto the Hype.**



VS



by Terry Clark

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CHAPTER 1. All About Atkins Diet

1. Atkins Diet

Advantages: lose weight fast, eat a lot of meat

Disadvantages: possible stomach/kidney problems, lack of energy

Recommended: yes

There are so many diet regimens offered in the market today. Each one has its own unique characteristics. Some of them work and others do not. The Atkins Diet is not actually new. In fact, it has been around for many years now and you can say it is not the “in” thing anymore.

The idea behind this diet is that you reduce your carbohydrate intake to the barest minimum. There are various stages in the diet. The first one is called the induction stage. This stage is where you practically starve yourself of any carbohydrate-containing food. The first day that I tried this, I felt myself shaking all over and I couldn't do much anything else but sit down on the sofa! You get used to it though. Gradually, your body gets used to the decreased carbohydrate intake. After a couple of weeks, you can gradually increase your carbohydrate intake.

You must be very patient and disciplined in order for this diet to work for you. I had to learn the carbohydrate content of almost all food items while I was on this diet. You might also need to come up with a journal wherein you can list down everything that goes into your mouth – everything. That way you can keep track of your carbohydrate consumption for the day.

It is not as bad as it sounds because this diet focuses on high protein

intake. That means you get to eat a lot of meat, eggs, and other such food. If you are a meat lover, then this diet might work out for you.

You might end up spending a lot more on your food though, as meat products and other high protein foods are more expensive than carbohydrate-rich foods such as rice and bread. Another disadvantage is that you might experience stomach and kidney problems. From my experience, I lost weight continuously and quickly as long as I stuck to my diet. However, after several months of being on it, I easily got sick and my stomach gave me problems. The doctor said that this is due to the lack of vitamins and minerals. So if you are going to try this out, make sure you have enough supplements to give you nutrients.

Another very important thing – Atkins works while you are on it. If you suddenly revert to your old eating habits, then expect to gain all the weight you lost back. As our doctors always say, a balanced diet, exercise, and a healthy lifestyle is the best way to keep a sensible weight.

2. Atkins Is Hardly the 'Rich Man's Diet'

Every day, Americans consume heavily processed and refined foods because they mistakenly believe that healthier, more nutritious foods are too expensive to buy on a tight budget.

"It is incorrect and damaging to characterize eating whole foods as a luxury only the rich can afford," said Colette Heimowitz, vice president of education and research at Atkins Health & Medical Information Services. "While this notion plays into the pockets of manufacturers of processed foods, it couldn't be further from the truth. Unfortunately, by perpetuating this myth about whole foods, those parties responsible support unhealthy

long-term eating habits."

The Atkins Nutritional Approach and similar regimens have demonstrated their weight loss and health benefits in numerous studies, Heimowitz said. For instance, a six-month study published in the November 2004 Journal of Experimental and Clinical Cardiology demonstrated that a low-carb diet significantly reduces body weight and decreases the level of triglycerides, LDL (bad) cholesterol and blood glucose, and increases the HDL (good) cholesterol.

"One of the best aspects of the Atkins Nutritional Approach is that it is a program that can fit into almost any budget," Heimowitz said. "It is important for people to realize that with a little ingenuity and creativity in the grocery store and kitchen, they can reap tremendous health benefits from whole foods without having to prepare elaborate gourmet meals."

Steak, often linked with following Atkins, is not the only available source of protein.

Lower-priced cuts of meat and poultry, ideal in hearty stews and casseroles, for example, offer the same nutritional value as more expensive prime and choice cuts.

Canned fish and less pricey selections such as cod and catfish also can help you control your carbs on a budget. Tofu, another valuable source of protein, can bring diversity to meals without breaking the bank.

Frozen vegetables and fruits -- provided that they have no added sugars -- are typically less expensive than out-of-season fresh produce but still provide the same dietary value. Frozen broccoli, spinach and berries are great low-carbohydrate flavor enhancers.

3. Atkins and Appetite Suppression

One of the most common, and surprising, effects of following the Atkins diet is appetite suppression. Many followers of the plan report that the between meal hunger pangs they used to experience fade away very quickly. This makes it easier to stay on the diet and continue to lose weight. While other diets have their followers starving between meals, the Atkins diet offers relief from constant hunger. The Atkins diet, with its specific combination of foods and ingredients, has powerful appetite suppressing effects.

The first key component is the amount of protein in the Atkins diet. Protein, more so than carbohydrates, has the power to satiate hunger. If you've ever eaten a carb heavy meal and then felt hungry afterward, you know that carbohydrates don't have much staying power. Protein, when combined with a small amount of healthy fats, can keep you feeling full for long periods of time.

One of the most powerful appetite suppressing foods on the Atkins diet are eggs. Eggs are a great form of quick and easy protein. A recent study showed that eating eggs for breakfast would actually stave off hunger pangs through the rest of the day. The research concerned two groups of women. One group ate eggs for breakfast and the other had a breakfast of bagels and cream cheese. The calorie count for both breakfasts was exactly the same. The subjects kept track of what they ate the rest of the day and answered questions about their levels of hunger and satisfaction throughout the day. The results showed that the women who ate the eggs for breakfast felt more satisfied throughout the entire day. They ate less at each meal than the women who were in the bagel group.

Eggs contain about 6 grams of protein each. This helps to even out blood sugar and produces a feeling of satisfaction. Both of these factors help to curb cravings. Egg yolks also contain lutein and xanthophyll. These

nutrients have been shown to have incredible effects on eye health. So it's important to eat the whole egg, and not just the white. Eggs contain choline that is important in brain functioning and memory. These nutrients are just an added benefit to the appetite suppressing qualities.

Broccoli and cauliflower, two of the acceptable vegetables on the Atkins program, also have appetite-suppressing effects. These vegetables are very bulky and they help make your stomach feel full. When your stomach feels full, it will actually create a chemical response in your body. Your body will reduce its appetite because it believes that your stomach is full of high calorie foods. This will happen regardless of what is in your stomach. You can achieve the same results with water and psyllium husk fiber. Both broccoli and cauliflower provide bulk in your diet and are essential vegetables on the Atkins plan.

The Atkins diet focuses on eating small protein balanced meals a few times per day. This will help keep your blood sugar stabilized and avoid carbohydrate cravings. With high carbohydrate diets, you are riding the wave of carbohydrate highs. After you eat, you feel great and full. Then a few hours later, you come crashing down and are hungrier than you were previous to eating the carbohydrate. This cycle continues and, over time, you will eat more and gain weight. The protein, fat and vegetable meals of the Atkins plan put your blood sugar back in balance. They provide just enough of each type of food, with a proper amount of carbohydrates (from the vegetables). The vegetables provide quick carbohydrate energy, and the protein gives the meal staying power. This combination helps suppress your appetite.

The Atkins diet is actually a craving control diet that can help suppress your appetite. If you've had a problem with carbohydrate cravings before, this new way of eating will help control those cravings. The more you eat on the plan, the better your cravings will be controlled and the easier it will be to follow the diet.

4. Atkins and Diabetes

The Atkins diet principles lay the foundation for a healthy, more balanced way of eating than the standard American diet. Its emphasis is on using good carbohydrates in balance with adequate protein. This is in stark contrast to what most Americans eat on a daily basis. The average American eats lots of processed foods that have hidden sugars and highly processed carbohydrates. This has put most Americans on the road to diabetes and pre-diabetic conditions. What is sad is that diabetes has a predictable set of stages and that they can be easily recognized.

The road to diabetes has to do with something called the glycemic index. All carbohydrates are rated on this index with regards to the level of insulin reaction they produce. Foods that have a high glycemic index rating will cause your pancreas to release a lot of insulin to break down the amount of sugars and carbohydrates (which produce high amounts of glucose). The refined carbohydrates and sugars that make up the vast majority of the American diet rank very high on the glycemic index.

We are able to more readily digest these foods as children, because our bodies function more efficiently in our youth. There may have been side effects, like weight gain and mood swings, but they didn't stand out. As we age, however, these symptoms begin to grow and become more prevalent. The nation-wide obesity epidemic is a result of high-carbohydrate diets and unstable blood sugar levels.

Many people who are overweight are also insulin resistant. Insulin resistance means that the insulin is not doing its job in removing glucose from the blood stream. The pancreas gets over worked and it releases massive amounts of insulin, sometimes 20 times more than the body actually needs. This results in the blood sugar dropping to extremely low levels. This sets off a chain reaction in the body that leads to a release of adrenaline to correct the blood sugar problem.

With age, blood sugar and insulin difficulties become more aggravated. The condition is called “hyperinsulinism” and is a precursor for type II diabetes. It is normally accompanied by high blood pressure and high triglycerides.

After years of using a high-carbohydrate diet, you will finally become fully diabetic. Insulin is the body’s primary fat creator and extra pounds usually accompany late onset diabetes. Pre-diabetic conditions, if not treated effectively, will lead to diabetes indefinitely.

However, there are easily identifiable warning signs to diabetes that appear early. Your family doctor can perform insulin level tests that will let you know if you are at risk for pre-diabetic conditions, and studies show that low-carb diets like Atkins can help. Controlling your blood sugar is one of the most effective methods to controlling pre-diabetic conditions.

The Atkins diet helps effectively control blood sugar. The combination of proteins, fats and good carbohydrates will keep your body satisfied without the roller coaster effect. Controlling carbohydrates in quantity as well as type will help limit the insulin spikes. This will let your pancreas work in the way that it was meant to be, and it will decrease the likelihood of your developing pre-diabetic conditions. It’s a vicious cycle that, if left unchecked, can lead to diabetes later in life. When the Atkins diet is followed effectively it produces stable blood sugar throughout the day and helps you stay off the road to diabetes.

5. Atkins and Exercise

There is a lot of attention paid in the Atkins diet plan towards food and cooking. It’s true that your food choices on the diet are of utmost

importance. But a lot of people make the mistake of ignoring exercise. The newly released Atkins food pyramid shows the importance of exercise. It shows an increase in food options with increased activity. Exercise is important on the Atkins diet, and important for everyone's overall health.

Exercise is beneficial to body, mind and soul. It has many major benefits, even at limited levels. It not only burns fat but it boosts your metabolism and increases circulation. Daily exercise helps your body eliminate toxins through sweat glands and lymph systems. It is especially important to all low-carb weight loss programs because it regulates blood sugar levels.

Physical exercise is essential for Atkins diet success. Without exercise, your body isn't configured to process carbohydrates successfully. Research has shown that sedentary individuals have extreme insulin reactions to even moderate amounts of carbohydrates. This means that exercise doesn't only help you lose weight, it will help you keep it off too. Exercise will teach your body how to process the carbohydrates in your diet. When you exercise regularly, you'll be able to eat more carbohydrates over time because your body will use them efficiently.

There are two basic types of exercise: aerobic exercise and anaerobic exercise. The best regimen combines these two forms each week.

Aerobic exercise's primary goal is to increase your heart rate. This causes your body to consume more oxygen and it gives all of your cells a fresh supply of oxygen. If you've been without physical activity for a while, many of those cells have been deprived. Aerobic exercise will regenerate them and help you feel better in times when you aren't exercising.

If you've been inactive for a while, it may take some time to get used to your new aerobic workouts. You may want to get some advice from your primary care doctor or a professional aerobics instructor. Make sure to start slowly to give yourself time to adjust to your new movements. It's essential that you learn how to stretch and warm up correctly in order to avoid

muscle strain. Some good beginning aerobic activities include walking, golf, tennis and dancing. These activities won't cause a lot of strain on your body, but they will get your heart moving. Start slowly and set small goals for yourself. For example, if you are starting a walking program begin by walking four blocks. Then increase your training to five blocks, then six. Your body will respond well to the exercise...after all your body was meant to move!

Anaerobic exercise includes any activity that isn't technically aerobic. Most of the exercises in this category build muscle mass. Weightlifting and strength training are examples of anaerobic exercises. Working out with weights is an important part of losing weight. As you lose fat, you'll need to replace it with muscle in order to stay lean. Don't be afraid of working out with weights. You won't need to become a bodybuilder. Weight bearing exercises like isometrics and resistance training will help improve your bone density, your posture and your fat burning potential.

If an exercise program is not part of your weight loss efforts, you are setting yourself up for failure. Make a commitment to incorporating exercise into your weight loss efforts and you'll see the results immediately.

6. Atkins and Intestinal Problems

The major complaint of those who use the Atkins diet is the intestinal problems that are associated with reducing carbohydrates. These problems can include constipation and diarrhea. These symptoms can happen to anybody at some point, but those who follow a low-carb diet are especially prone.

Most commonly dieters will experience diarrhea during the early days of

induction. This is a result of the body getting rid of excess carbohydrates. It also marks the beginning of the ketosis process. So in actuality, experiencing diarrhea at the beginning of the diet is a good thing. It indicates that you are on the road to becoming a fat burning machine.

Constipation is a side effect of lack of fiber in the low carb diet. Whole grains, legumes and fruit are the normal sources of dietary fiber, and they are all restricted on the Atkins diet's initial phases.

However, you shouldn't be scared off from the low-carb way of life because of these issues. There are simple solutions that can prevent and help with these symptoms and allow you to continue with staying on the diet plan.

The first tip is to make sure to include the proper amount of low-carb vegetables in your daily diet. In the induction phase, you can eat up to 20 grams of carbohydrates per day. This is roughly equal to 3 cups of salad vegetables. Some people are tempted to use their carbohydrate grams on cheese or artificially sweetened soda. Eating acceptable vegetables is a vital part of maintaining intestinal health while following the Atkins plan. It's also important to drink a minimum of 8 eight-ounce glasses of water per day and get exercise. Both of these steps can help with intestinal programs.

If you are experiencing constipation specifically, then there are many methods for relief. When you switch from a diet full of processed and refined sugar products, your body will need some time to adjust to this new way of eating. You'll need to make sure to up your fiber intake with acceptable vegetables and fruits (certain fruits are allowed after the initial induction phase). You can also try a fiber supplement like sugar-free Metamucil.

Make sure you are eating enough fats and oils. Constipation can be a result of too little fat in your diet. Adding tablespoon of olive oil or flax oil to salads or other vegetables can help your intestinal health. Also, try to

incorporate a variety of vegetables in your salad. Pale iceberg lettuce does not have much fiber in it. Try dark green lettuces or have a serving of dark green steamed veggies (broccoli, asparagus or spinach are good choices).

If these tips don't work, try cutting out all salt from your diet for a couple of days. This includes pickles, mustard, diet soda, ham, bacon and bottled salad dressing. This will decrease your fluid retention and sometimes helps with bowel movements.

Diarrhea should not be a problem after the first week of the Induction plan. However, on rare occasion, it does persist longer. First, analyze your diet. If you are eating low carb protein bars or other sugar free products, eliminate them. They may contain sweeteners like glycerine, sorbitol and malitol which are known to cause diarrhea and gas. Homemade low carb desserts may also be a cause of problems. Most of them use maltodextrin, an artificial sweetener used in baking. Maltodextrin is made from corn and can cause problems for some people.

If you are not used to eating raw vegetables everyday, this may be a cause of diarrhea. Understand that your body will adjust to the vegetables and the intestinal side effects won't last forever. Make sure you are chewing your raw vegetables thoroughly. Also, using lightly steamed vegetables rather than raw can be a solution to this problem.

Intestinal problems are common during the first portion of the Atkins diet. Keep in mind, however, that these problems will go away within the first few weeks of the new way of eating. If the problems persist, try the previously mentioned tips to get relief.

7. Atkins and Ketosis

The basic principle of the Atkins diet is that a state of ketosis will help you burn your fat stores as energy. Many people, even those who are on low carbohydrate diets, don't quite understand ketosis and why it works.

Most diets are calorie-reduction diets. They help you lose weight, but some of the weight is from fat and some of it is from lean muscle tissue. While you may look smaller on the scale, your metabolism is actually slowing down. The more muscle you lose the slower your metabolism will be. This makes losing weight more difficult and gaining weight back even simpler.

The Atkins diet, on the other hand, is carbohydrate restrictive. It creates a state of ketosis in your body that burns only fat, and not muscle. The primary source of your energy for your body will be fat in the form of ketones. Your liver will convert fat into ketones and it cannot be converted back. It will be excreted naturally.

Ketones are actually a normally and efficient source of fuel for the human body. They are created in the liver from the fatty acids that result from the breakdown of body fat. These only appear when there is an absence of glucose and sugar. In the Atkins diet, you reduce the amount of glucose and sugar that is in the bloodstream. As a result, your body produces ketones for fuel. When your body is creating ketones it is called ketosis.

There is a common misconception that following a ketogenic diet like Atkins is dangerous. The truth is that being in ketosis is a completely naturally state. The human body creates ketones to use as fuel in the absence of glucose.

In the Atkins diet book, Dr. Atkins suggests using ketone-testing strips to determine your state of ketosis during dieting. These small plastic strips are held in the urine stream and contain a special chemically treated absorptive pad. This pad will change color if ketones are present in the urine. With the

presence of ketones, the strip will change varying shades of pink to purple. There is a color scale on the label of the bottle that will help you determine your ketone levels.

Ketone strips are available in any pharmacy and can be found among the diabetic supplies. In some stores, they are kept behind the counter so you may have to ask for them. You won't need a prescription to buy them though. Once you open a package of ketosis strips they have a shelf life of 6 months. It may be helpful to mark the opening date on the box.

Ketone strips will let you know if you are progressing correctly on the Atkins diet. If you are following the Induction plan to the letter and aren't seeing purple, don't worry. Some people never show trace amounts of ketones or they may show just above the minimum line. As long as you are losing weight and inches then you are successfully using ketones. Also, if you've just exercised a few hours before using the strips, you may not see purple.

Some dieters may mistakenly believe that a dark purple result on the testing strips means that they are losing weight faster. Actually, the darkest purple color is a sign of dehydration. It means that your urine is too concentrated and you need to drink water.

Ketones come from fat in the bloodstream, whether it is fat that you eat or fat that you burn. So if you eat a meal heavy in fat and then immediately use a testing strip, then you'll see a dark purple result. Use the strips as a guide, but don't get hung up on the color.

Reaching a state of ketosis is key to success on the Atkins diet and it is as simple as eliminating carbohydrates from the diet. Make sure to follow the eating plan correctly and use the ketone testing strips as needed.

8. Atkins and Sugar Cravings

Sugar is everywhere you look and it might pop up in some surprising places. Did you know that most whole grain breads have at least one form of sugar in them? We have a national sweet tooth epidemic. Even if you don't eat a lot of sugary treats you may experience intense sugar cravings in the first few weeks of the Atkins diet. So many "healthy" carbohydrate foods have hidden sugars in them, your body may be experiencing withdrawal.

The problem with sugar is that your blood sugar is tied into your energy levels and your overall health. When your blood sugar is too low, you will experience intense cravings. High blood sugar is a result of eating high-sugar meals. When you eat concentrated sugar, your blood sugar will raise to high levels. Your pancreas thinks there is something wrong and then it secretes insulin to lower the blood sugar. As this happens more, you can create pre-diabetic conditions in your body as your pancreas becomes worn out and eventually cannot secrete insulin.

Fortunately, getting started on the Atkins diet plan can put a stop to this cycle. However, this doesn't mean that sugar cravings go away automatically. Sugar products are everywhere and temptation is sometimes hard to fight.

The best way to approach sugar cravings is with planning. If you maintain a balance of protein, fat and fiber in your daily diet you will prevent blood sugar drops that lead to sugar cravings. Also, do not go too long between meals without eating. Snacks are an important part of keeping your blood sugar stable. Have some handy snacks like cheese, nuts, seeds and boiled eggs on hand with you so you can quickly stabilize your blood sugar without turning to sweet treats.

Sugar cravings can also be a sign of a nutritional deficiency. When you are low on magnesium, you will crave chocolate and other sweets. Zinc and chromium can also stave off sugar cravings. If you aren't taking a good multivitamin supplement with these minerals, start immediately. If you are and you are still experiencing cravings, consider trying additional supplements of these nutrients.

Another tactic is to brush your teeth. Many Atkins dieters find that brushing their teeth or using Listerine breath strips can help with cravings. Both methods will numb your mouth and prevent you from wanting to eat. Drinking two large glasses of water can also help eliminate cravings. If your stomach is full, then you'll be less likely to reach for a sugary treat.

Sometimes out of sight, out of mind is the best approach. If you find yourself overcome with cravings while you are at home, get outside and take a walk. The distraction will have you forgetting your sugar craving in no time. Calling a friend for support or logging into an Atkins support forum can also go a long way toward preventing you from succumbing to sugar cravings.

Having a low-carb version of your favorite treat is another good idea. You are less likely to feel deprived if you can have a satisfying low carb treat. There are a wide variety of low-carb products available on the market that can beat your sweet tooth. Low-carb yogurt, chocolate, ice cream and candy can all help you stay on the Atkins plan and still get something sweet to eat.

Sugar cravings are a reality of following the Atkins plan, but the previous tips will help you overcome them and stay committed to your weight loss efforts.

9. Atkins and Unprocessed Foods

When you first start on the Atkins program, you may be tempted to take advantage of many of the low carbohydrate products on the market today. There are a wide variety of packaged items that are specifically manufactured to be low-carb. These include low-carb snacks, low-carb baking products and low-carb substitutes (like pasta or bread). While it may be enticing to fill your shopping cart with all of these goodies, it's best for your diet and for your health to use them sparingly.

One of the key things to remember about the Atkins diet is its focus on raw, unprocessed foods. The center of diet, as shown by the Atkins diet food pyramid, is fresh vegetables and fresh meats. Added into the mix are natural cheeses, a selection of fruits and, eventually, whole unprocessed grains. There aren't any packaged meats, canned vegetables or instant anything.

There is a reason that the Atkins food pyramid shows these foods in their raw states. There are great health benefits in minimally processed foods. Raw, whole foods retain more vitamins and nutrients than foods that have been through chemical and industrial processing. Manufactured foods are more likely to be tainted with chemical additives that can cause a whole host of problems.

Raw, fresh food ingredients provide the best basis for a healthy diet. Many dieters rely on foods that are technically allowed on the plan, but not good for health. One example is bacon. Many people on the Atkins diet consume lots of bacon. In fact, many use it as a daily part of their protein foods. However, bacon contains high amounts of sodium nitrite, an ingredient that is known to cause cancer. The more bacon they eat, the more they expose themselves to this chemical and many others.

The Atkins pyramid, and the Atkins diet books, recommends unprocessed, unrefined and non-manufactured foods for a reason. If people follow these

recommendations, they will lose weight and experience health transformations. By eating fresh and natural foods you'll be providing your body with the nutrients that you need to have optimum health.

Back to those packaged and processed low-carb foods. Technically, they are part of the low-carb program. They can be used in moderation as substitutes for your favorite carbohydrate heavy foods. In a pinch, low-carb bread and baked goods can help you get over cravings and add variety to your Atkins diet plan. However, one look at the labels of these products shows how chemically processed these items can be.

It is recommended that you use these products sparingly. In some individuals, low-carb packaged items cause carbohydrate cravings. This can make staying on the diet even more difficult. If you find that low-carb processed foods make you want to binge on carb-heavy foods, then its best that you stay away from these products. These products may also have hidden carb counts that will increase your daily carbohydrate level without you realizing it.

If you are experiencing a stall in your weight loss on the Atkins plan, re-evaluate your commitment to unprocessed and unrefined foods. If you've been eating too many low-carb processed foods, you may be consuming hidden carbs and eating more than necessary. Try eliminating these products and refocusing your diet on unprocessed and unrefined foods, like those seen on the Atkins diet pyramid. When you go grocery shopping, spend time along the outer rim of the store where the fresh, unprocessed foods are. This will help you avoid the temptation of packaged foods that can lead your diet astray.

You may need to rely on packaged meats, vegetables and fruits from time to time. We lead busy lives and convenience foods are part of life. It's understandable that you may need to use some canned soup, bacon or canned vegetables in your daily life. However, make an effort to concentrate your dietary efforts on a wide variety of fresh, unprocessed foods. Your health and weight loss efforts will be greatly rewarded.

10. Atkins cost saving tips

The Atkins diet has a lot of health benefits, but it is not exactly easy on the wallet. Fresh meats are some of the most expensive items in the grocery store and when you follow Atkins, you'll need to purchase a lot of them. However, there are simple steps that you can take to cut costs on this low-carb plan.

First of all, be creative in your meal planning. Remember that most diet books are written to entice readers to try new combinations of foods. The recipes within those books contain the most expensive ingredients. You don't have to cook like a professional chef in order to be able to experience the benefits of the Atkins diet. There are many simple recipes that you can make that are within the plan and cost much less than the ones shown in the diet books. If you modify the meal plans with the books, you can enjoy the low carb lifestyle on a budget.

One of the most important steps to take is to buy your meats in bulk. When you stock up on large packages of ground beef, chicken and fish you cut down on your protein costs. You can separate the large packages into small freezer bags and freeze them in meal-sized portions. Two to four chicken breasts in a bag are easy to defrost and make a good-sized meal. You can also cook ground beef in many different varieties and freeze the cooked portions. Try doing a portion of the meat with taco spices, another portion with hamburger spices and the third portion with Italian spices. That way you'll be able to use lots of hamburger meat and still have variety in your diet.

Also, look at less tender cuts of meat to trim costs in your grocery money. While fillet mignon may be tasty, it doesn't fit into every budget. Less tender

cuts of beef and pork make excellent crock-pot meals, and using a slow cooker will help tenderize them.

Look to alternative protein sources like eggs and tofu. Both of these items pack a powerful protein punch for a fraction of the cost of meats. Nuts are a great protein source as well, but they can become expensive very quickly. Some recipes call for expensive macadamia nuts and cashews. Walnuts, peanuts and almonds contain just as much protein for a fraction of the cost.

Mixed vegetable salads will make a large portion of your daily Atkins meals. While it may be tempting to buy bagged salad that is already chopped, you are going to be paying \$2 to \$3 per bag. You can buy three heads of different types of lettuce for the same cost and make the equivalent of six bags of prepackaged salad. Also, consider investing in a salad spinner. This handy device will make homemade salads crispy and satisfying.

Be creative with your menus and use produce and meats that are on sale. If you've got a recipe that calls for chicken breasts and turkey happens to be on sale, go ahead and substitute this week. Make sure to carry an acceptable food list with you the grocery store so you can tell whether a sale food is an okay substitution on the Atkins plan.

When you go to the store, you can also cut costs by limiting your purchase of low-carb packaged foods. These items are really expensive, and sometimes full of harmful chemicals. They may also contain hidden carbs which can stall your weight loss efforts. The Atkins plan can be effectively followed without using any of these products. Unless it's a special occasion, skip them all together.

Finally, its best to plan your meals and your shopping trips so you can buy your groceries in an effective manner. Going to the grocery store unprepared or, even worse, hungry can spell disaster for your budget. Plan each week's menu out ahead and time and then buy what you need to make those meals.

11. Atkins Criticism

The Atkins diet is very popular, but it also comes with a lot of criticism. Health experts, doctors and diet specialists come from all different opinions when it comes to the Atkins diet and other low carb diets. Some believe that it is dangerous, some say that it is a healthy method to lose weight and others say that it works on a short-term basis.

However, there are also thousands of individuals who have found success with the Atkins diet. They can speak from personal experience and know that the diet works and it is an effective means of keeping weight off. There are thousands of testimonials that tout the benefits of the low carb way of living.

There are many typical criticisms of the Atkins diet. One of the first is that the diet is too high in fat. The butter, oil and fatty meats that are used in the Atkins diet are a far cry from the low-fat diet fad that recently swept the nation. For many people, the low fat mindset has prevailed and they cannot fathom eating real butter or cream with their meals. It seems like too much fat at first glance. However, those that pay close attention to Dr. Atkins guidelines and follow the program closely know that the diet focuses on good fats. Extra virgin olive oil and other helpful fats are emphasized. The proper use of these oils is important to brain function and mood management.

Another popular Atkins criticism is that it focuses too much on food and not enough on exercise. This is an unfair claim because the Atkins books clearly spell out a need for exercise. There is a lot of attention paid to food choices because they are an integral part of the program, and they are different foods than what people are normally used to eating. However, this

does not mean that exercise is not an integral part of the Atkins program. Aerobic and anaerobic exercise regimens are encouraged, and both will greatly increase your weight loss efforts.

Many Atkins critics feel that the diet is hard to keep up in the long term. Critics in this category will admit that Atkins is effective in short-term weight loss efforts, but point out that the lifestyle is hard to maintain over time. However, people who have had long term success with Atkins claim it is one of the easiest diets to follow for significant periods of time. The Atkins plan has rich food that is forbidden on other programs, and it has appetite-suppressing effects. When you combine this with the quick weight loss, a motivating factor for many people, Atkins is easy to stick to long term.

The side effects of Atkins, like constipation and bad breath, have also been a topic that Atkins critics are quick to point out. However, these side effects are not as common as critics make them out to be. If they do occur, the side effects normally only last through the first phase of the diet. Additionally, drinking additional water will normally take care of both problems rather quickly.

There are pros and cons to many diets. If you don't particularly enjoy preparing and eating meat, then Atkins is probably not for you. But if you are considering Atkins, make sure to look beyond the common criticisms for the truth about the diet.

12. Atkins Diet Basics

The Atkins diet is not a new phenomenon. The diet first appeared in the late 1970s and has grown popularity in recent years in response to the

low-fat diet craze. As dieters had trouble with low-fat plans, they searched for a new solution and Dr. Atkins' New Diet Revolution book found a new audience.

A lot of people have jumped on the Atkins bandwagon and there has been a lot of hype as a result. But what are the basic principles of the Atkins diet?

The Atkins diet is based on a theory of why we get fat. According to Dr. Atkins, the over-consumption of carbohydrates and simple sugars leads to weight gain. The way your body processes the carbohydrates you eat have more to do with your waistline than the amount of fat or calories that you consume. In his book, Atkins outlines a phenomenon called "insulin resistance." He theorizes that many overweight people have cells that do not work correctly.

When you eat excess carbohydrates and sugar, your body notices that sugar levels are elevated. Insulin is released from the pancreas in order to store sugar as glycogen in the liver and muscle cells for extra energy later on. However, your body can only store so much glycogen at once. As soon as your body reaches its limit for glycogen storage, the excess carbohydrates are stored as fat. This happens to everyone who eats too many carbohydrates.

However, insulin resistant individuals have an even harder time of using and storing excess carbohydrates. The more insulin that your body is exposed to, the more resistant it becomes. Overtime, the pancreas releases more insulin and cells become insulin resistant. The cells are trying to protect themselves from the toxic effects of high insulin. They create less glycogen and more fat.

As a result, insulin resistant individuals gain extra weight. The carbohydrates get converted into fat instead of energy. Other side effects include fatigue, brain "fog" (the inability to focus, poor memory, loss of

creativity), low blood sugar (which can lead to hypoglycemia), intestinal bloating, sleepiness, depression and increased blood sugar. There is much more than weight at stake when you are insulin resistant.

The remedy for people who are insulin resistant is a diet restricted in carbohydrates. The crux of the Atkins diet is a limitation of carbohydrates in all of its forms. The foods restricted on the Atkins plan include simple sugars (like cookies, sodas and sweets) and complex carbohydrates (like bread, rice and grains). Even carbohydrates that are considered healthy, such as oatmeal, brown rice and whole wheat bread, are restricted on the program.

The diet has you restrict your carbohydrate intake to less than 40 grams a day. This will put your body in a state of ketosis. While in ketosis, your body will burn fat as fuel. According to Dr. Atkins' research, the ketosis state will also affect insulin production and it will prevent more fat from being formed. Your body will begin using your stored fat as an efficient form of fuel, and you'll lose weight.

Another benefit of the Atkins plan is that ketosis will end your cravings for carbohydrates. If you've been living on a carb-heavy diet, you may have found that you simply cannot get enough carbohydrates. With carbohydrate restriction and ketosis comes a reduction in carbohydrate cravings. People who have been on the Atkins diet for some time report that they do not crave carbohydrates as they once did.

Although the initial phases of the Atkins diet are rather strict, the program teaches you to restore balance to your diet in the long run. People who use the diet slowly reintroduce minimal amounts of carbohydrate into their eating until they find a comfortable balance between their health and carbohydrate use.

The basic principles of the Atkins diet have been adapted to many other low-carb diet plans. However, Atkins popularity still remains strong as one of the most effective low-carbohydrate solutions for those who are insulin

resistant.

13. Atkins Diet Foods

Atkins diet foods are easy to find and available everywhere. There are many varieties to choose from, whether you pick prepackaged low-carb diet foods or make your own meals. No matter how you want to do the Atkins plan, there is a solution out there for you.

You'll need to keep the Atkins food pyramid in mind when you make food choices. The Atkins pyramid looks much different than the USDA Food Guide Pyramid. The base of the pyramid consists of protein sources such as eggs, fish, beef, chicken and tofu. On a daily basis, your diet should consist primarily of these foods. The second tier has low glycemic vegetables like salad greens, broccoli, cauliflower, asparagus and spinach.

The third tier is made up of berries and avocado. Fruits should be used on an occasional basis after the initial stages of the Atkins diet. Vegetable and seed oils, cheese, dairy, nuts and legumes are used sparingly and in appropriate portions. While the FDA pyramid has oils and fats at the top peak, the Atkins pyramid places whole grain foods in this spot. Whole grain foods should be used very occasionally and don't make up the mainstay of the Atkins diet.

When you start the Atkins plan, you'll need to make sure you understand which foods are acceptable for your stage of the program. The Induction phase is the most restrictive, but it only lasts two weeks.

You owe it to your dieting success to stay within the acceptable foods list.

One of the best ways to do this is to follow the Atkins menu plans that are printed within the New Diet Revolution book. There are also Atkins cookbooks and cookbooks that are geared toward other low carb diets that are helpful in formulating meal plans.

It's a helpful idea to use a cheat sheet of acceptable Atkins foods wherever you go. If you are out and about and hungry, the last thing you want to do is to try to think back in your memory to figure out what you can and cannot eat. Carrying a list of acceptable foods with you will make finding a snack or meal while out on the run easy. You can't always rely on "low carb" labels to tell you whether or not something is diet friendly. Ever since low carb became the new diet craze, manufacturers have been jumping on the bandwagon to attract Atkins dieters. They label items low carb to sell products and don't have your health in mind. Relying on foods from your own personal list is the best way to stay on the plan.

Another good resource for keeping track of the appropriate Atkins foods is an online diet program. There are several available. Some are free and some have a small monthly fee. The programs require you to register and then they provide you with personal weekly menu plans based on your needs and your carbohydrate gram level. There are normally printable weekly shopping lists that make picking up your Atkins diet foods from the grocery store easy and quick.

Atkins diet food is easy to find once you know what you are looking for. The books, food pyramid and online resources can help you make better food choices and stay on the diet for the long term.

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15. Atkins Induction Rules

The Induction phase of the Atkins diet is one of the most important stepping-stones to successful weight loss. In addition to the list of acceptable foods, there are a few rules that are important to follow during this period of the diet.

During Induction, you need to eat three regular-sized meals per day or four to five smaller meals. If you find yourself jittery and hungry between meals, try breaking down your meals into smaller portions and eat more frequently. In order to stave off carbohydrate cravings, you'll need to constantly keep

your body running on the proteins and vegetables on the plan. Never skip meals and never go more than six waking hours without eating.

You can eat freely from the list of acceptable foods. Do not restrict your fats and proteins. Eat as much of them as you like. Remember, the Atkins diet is not a calorie-restricted diet. The only thing you need to worry about is your level of carbohydrate grams. Make sure to count your carbohydrate grams when you eat vegetables, cheese and beverages with Splenda. At least 12-15 grams of your allowed carbohydrates should be from your vegetable list. While it may be tempting to eat them all in cheese, vegetables are important to your digestive system (especially while on this diet).

Avoid all fruit, bread, pasta, grains and starchy vegetables (like cauliflower or squash) during this initial period. These foods will be slowly introduced throughout the course of the pre-maintenance phase. Although beans are high in protein, they also include carbohydrates and should be avoided during this phase. If you feel that you must have some grain products, you should limit yourself to high fiber low-carbohydrate products. However, this may slow down your weight loss process.

Anything that isn't on the acceptable food list is forbidden during the Induction phase. Don't be tempted to just have "one bite." Your one bite may turn into two, and then before you know it you'll end up ruining your diet.

Remember to adjust the quantity of acceptable foods to suit your appetite. At the beginning of the Induction phase, you may find yourself eating much, much more than you will toward the end of the phase. As your body breaks its addiction to sugar and carbohydrates, you will be less hungry throughout the day. When this starts to happen, make sure to eat only what you need. Eat until you are satisfied and not overly stuffed.

Always read the labels of packaged products, even if they claim they are

“carb free.” You may find that some products have hidden carbohydrates. The law allows manufacturers to round off to zero if a product has fewer than .5 grams of carbohydrates. Look at the list of ingredients for manufactured products to determine if there are hidden carbs. You’ll also need to watch out for hidden carbohydrates when you eat out. There are small carbohydrate amounts in gravies, sauces and salad dressings. The best bet is to eat your meat without sauce and eat your salad with olive oil and vinegar dressing.

Remember to drink 8 eight-ounce glasses of water, in addition to anything else you might drink. This will keep your body hydrated and help you avoid constipation. You’ll also be able to flush out the by-products created by fat burning.

Keep all of these guidelines in mind when you start the induction phase and you’ll be setting yourself up for long-term success with the Atkins diet.

16. Atkins Maintenance

The final phase of the Atkins diet plan is lifetime maintenance. This is the time to continue your new eating plan at a maintenance level and keep yourself at your goal weight. The habits you have created will now become a permanent way of life. During the third phase, pre-maintenance, you learned exactly how many carbohydrate grams your body can tolerate and still maintain your ideal weight. In this phase, you’ll put this approach into practice and learn to live with your ideal carb count on a daily basis.

During lifetime maintenance you will continue to expand your food selections and eat more carbohydrate grams than you did previously. Depending on your specific metabolic needs, you can eat some of the

foods that you enjoyed prior to starting your weight loss program. If you do choose to eat these foods, they must be moderated and used sparingly.

Keeping your daily carb count right around your ideal carb count is the easiest way to maintain your weight loss. Your weight may fluctuate by two or three pounds from time to time, but this is perfectly normal. This weight fluctuation is due to hormonal changes in your body.

During maintenance you'll also learn how to overcome your previous bad habits. Losing weight and keeping it off means dealing with real-world situations. You'll develop coping strategies for stress eating, emotional eating and holiday eating. You'll also develop plans for dealing with eating out in restaurants. The challenges during the maintenance phase are many, but they can be overcome.

It's all about preparation. When you've followed the Atkins diet plan for a long time, you've learned exactly how many carbohydrate grams you can handle. You've also learned what foods trigger carbohydrate cravings and which foods lead to binges. You've developed coping strategies over the course of your OWL and pre-maintenance phases that you will have to use in lifetime maintenance.

To prepare yourself for lifetime maintenance, make a promise to yourself never to go back to your previous weight. Make the commitment by donating all of your "fat" clothes. This way, if you do start to gain more than five pounds, you'll know that you have to buckle down and eat better. Also, write down in a journal or in a list format all of the benefits of being at your new, thinner size. Write about how much better you feel and how healthy you are. This will cement your new way of life into your mind and your heart.

Choose your lifetime maintenance weight goal range. This is a range of weight that is acceptable to you. For example, if your initial weight loss goal was to be 165 lbs, your lifetime maintenance goal will be 160 to 170

pounds. If your weight starts to creep up toward 170 pounds, then you know that you are being too lenient with your carbohydrate grams. Never let your weight vary more than 3 to 5 pounds in either direction.

Make a commitment to weigh yourself at least once a week. This once-a-week weigh in will give you a good idea of how you are doing on your maintenance program. Use that weekly weight as a guideline for your approach in eating for the following week.

In addition to these guidelines, make sure to continue an exercise program. Your metabolism depends entirely upon the amount of exercise that you are getting. Making the commitment to exercise goes hand in hand with the commitment to keep eating correctly.

By following these guidelines, you can make lifetime maintenance simple and easy.

17. Atkins OWL Phase

The second phase of the Atkins diet is called Ongoing Weight Loss or OWL. After the rapid weight loss of the 2-week Induction phase, you'll be slowing your weight loss down just a bit. You'll add in specific carbohydrates that will make your diet a little easier and your weight loss just a bit slower. However, you will continue to lose weight at a steady even pace with ease.

During the OWL phase you will boost your body's ability to burn fats. Although you'll be adding carbohydrates slowly, you'll still remain in the state of ketosis. You will continue to use your excess fat as fuel for your body, and the pounds and inches will continue to come off.

The OWL phase will also teach you to make better carbohydrate choices. The recipes and guidelines for OWL will increase your knowledge about nutritious food. You'll replace the poor carbohydrate choices that you relied on in the past with new and better choices.

You'll also learn how many carbohydrates you can consume and still lose weight. The process of the OWL phase is an experiment in what your specific body does with carbs. During the OWL phase, you'll gradually increase your daily carb intake from the 20-gram level that you used in induction. Each week you'll try adding another 5 grams of carbs and then take note of what happens. When weight loss slows too much, you'll know that you've exceeded your personal carb limit.

OWL also prepares you for your permanent weight management program (called maintenance). The habits and practices that you develop during OWL will go a long way toward your long-term success. Treat this period of your diet as training for the real "test" – your post diet life.

During the OWL phase, you'll still be getting most of your carbohydrates from vegetables (just as you do during Induction). It's important to continue to eat a wide variety of vegetables, as they are good for your overall health and good for maintaining intestinal health during the Atkins diet. You will be able to add more portions of vegetables, and then gradually be able to add nuts, seeds and even berries. However, the main focus of the diet will still be protein.

In a way, the Induction phase is easier than any of the other phases of Atkins. The strict plan always works and always produces weight loss. As you enter the OWL phases, you'll need to be more mindful of your carbohydrate count and keep better track of your weight. You'll have more choice and that may lead to more temptations, which could result in a stalling of your weight loss or even weight gain.

Counting carbohydrate grams is critical in your OWL success. If you don't count, you will end up consuming more carbohydrates than you should. However, there are many tools available that can help you with counting. There are several handy, portable books that will tell you the number of grams of carbohydrates in certain foods. Over time, you'll know the "carb count" for your favorite foods instantly.

Counting carbs is also essential during the OWL phase because you are playing detective. You are investigating to find your personal carb count, the amount of carbohydrate grams that you can eat daily and still lose weight. During the first week of OWL, you'll move from 20 carbohydrate grams to 25. It is recommended that you add this in the form of more vegetables, like asparagus or cauliflower. You'll continue at the 25-gram level for a week, and then move up to 30 grams a day.

As you increase your carbohydrate gram level, watch your weight closely. If you experience too much of a slowdown, you know you've gone too high. You'll find your maximum carbohydrate gram level when you stop losing weight at all. When this happens, you'll know you've reached your limit. Once you discover your personal carb count, drop down below that number if you want to continue losing weight.

18. Atkins Pre Maintenance Phase

After experiencing the Induction and OWL phases of the Atkins diet, your next step is to enter the pre-maintenance phase. This phase will set you up for a lifetime of healthy and balanced eating and living. You should begin this phase as you come within 5 to 10 pounds of your target weight goal. Your weight loss will be slowed down even further but it is for a purpose. You want to learn the practices and habits that will determine your long-term success.

In the OWL phase, you will be adding carbohydrate grams to your daily count in the increment of 5 grams per week. During pre-maintenance you will increase that to 10 grams per week. As long as you are continuing to shed weight (no matter how slowly it is coming off) you will continue to add grams. Ideally, toward the end of the pre-maintenance phase you will be losing less than one pound per week.

According to the Atkins book, you should continue this phase until you get to your goal weight and can maintain it for a month. This process may take anywhere from 1 to 3 months. Your goal is to reach a state called “carbohydrate equilibrium.” This is your ideal carbohydrate intake and it will cause you to maintain your weight perfectly.

During pre-maintenance you'll get to try a wider variety of foods. Make sure to introduce new foods slowly and increase your carbohydrate intake at a measured pace. Don't add 20 or 30 carb grams a week. Measuring out the increases in increments of 10 will give you a better idea of your personal carbohydrate count. Knowing this number will help set you up for long term weight management.

Make sure to check with a carbohydrate counter resource book or a trusted website before you add a new food to your diet. Some examples of 10 carbohydrate gram foods include 1/3 of a cup of legumes, 1/2 an apple, 1/4 cup of potatoes and 1/2 cup of plain oatmeal. These foods can be included on a daily basis, and then increased the next week.

Pre-maintenance is not a perfect process. It takes a delicate balance of carbohydrate counting and exercise to slow weight loss yet still move it forward. You'll need to pay even closer attention than you have before to make sure that your carb gram increase is not resulting in an increase in weight. There is a fine line between gaining, maintaining and losing, and during pre-maintenance you are trying to find out just exactly where that line is.

If you aren't able to add carbohydrates without stalling your weight loss, you may have a high metabolic resistance. You will benefit from increasing your exercise regimen to get your metabolism burning at a higher level. For you, the pre-maintenance phase will resemble OWL more closely.

Some people do a variation on pre-maintenance that allows them to have a treat once a week. Instead of adding 10 grams per day, they allow themselves a 20 to 30-carbohydrate gram treat a few times a week. Examples of the treat could be a piece of a fruit or a serving of sweet potatoes. A glass of white wine or beer also qualifies for this treat. This is a fun way to reward yourself and still be on the plan.

Yet another way to do pre-maintenance is to average out your carbohydrate intake for the week. Since life is sometimes unpredictable, it can be helpful to have a bit of flexibility in your eating plan. For example, if your current carbohydrate level is at 70 grams, you can limit yourself to 50 grams one day. Then the next day, you can splurge a bit on a meal and have 90 grams for that day. However, only follow this method if it doesn't create carbohydrate cravings. Sometimes excess carb grams on one day can make you crave them even more the next day.

The pre-maintenance phase will give you the tools for long-term success. By learning to slowly increase your carbohydrate grams, you'll have a better hold on the amount of carbohydrates that is right for you.

19. Atkins Shopping Tips

When you start the Atkins diet, you are entering a new world of eating. And nowhere is that more apparent than at the supermarket. Suddenly, all of your stand-by foods like macaroni and cheese, pasta and bread are no

longer on your shopping list. When you go shopping for the first few times you may feel like a fish out of water. However, with a bit of practice you'll feel just as comfortable as you were with your previous shopping lists.

Successful Atkins shopping starts before you reach the store. There are many resources for shopping lists online and in Atkins books. Before you head for the store, make a list of the week's recipes and then decide what you'll need to make each meal. Make sure to purchase low-carb snacks for in between meals.

Also, plan for modifications to the meals for other people in your home. You won't be able to make totally different meals for yourself and your family for the long term. The best approach is to use the main meat dish for your meal for the entire family and then a carbohydrate side dish for your family. For example, if you are eating meatloaf you can add half a potato for the other members of your family.

Once you've made your meal plan for the week, its time to hit the store. When you arrive, buy your protein items and produce first. This may sound very simple and like it won't make much difference, but it will. Once you've filled your cart with all of the acceptable foods, there won't be room for much more.

Consider buying your meat in bulk. This will save you lots of money if you know where to get family sized packages of meat. When you buy meat in large quantities, you can also cook it in bulk as well. Taking time a few days per week to cook meat makes it simple to follow the Atkins plan. You can cook your meat before hand and have it ready to go when you need it. You can purchase ground beef, chicken pieces, small steaks and even seafood in bulk.

Cheese, if you can tolerate it, can also be purchased in bulk. Many stores offer store-brand cheese in large bricks. You'll need to make sure to read the labels before you purchase any cheese. Make sure that when you eat

cheese to eat some fiber (salad or raw veggies) as well. Having large blocks of your favorite cheeses on hand can make it easy to grab a quick snack between meals.

As you walk around the store, stick to the outer edges. The outer aisles have the freshest food. Think about your neighborhood grocery store. Most often the deli, the meat counter and the produce section are all along the sides of the store with the packaged items in the aisles. This is especially important if you are in the initial phases of the Atkins diet. You'll want to stay away from all packaged foods during induction, even if they are low carb packaged foods. Once you add more carbohydrate grams to your daily limit, you can start to experiment with low-carb packaged foods.

That leads to the next important tip – read the labels! Just because an item says it is low carb, it may have hidden sugars. Do your investigative work at the grocery store so you won't get home with products that cause you to gain weight.

Shopping for the Atkins diet will take some time to get used to. You'll be navigating parts of the grocery store that you may not be familiar with. You'll also be purchasing items you've never cooked before. However, with planning and dedication low carb shopping will become easier. Just remember to make a list before you visit the store and stay toward the outer aisles of the grocery store. In no time, you'll be an experienced low carb shopper.

20. Atkins Snack Choices

We live in a society of nibblers. Long gone are the traditional three square meals per day. Today, people eat at their desks, catch a snack in the afternoon and eat late night goodies. Most, if not all, of these snacks are carbohydrate based and full of sugar. This poses a challenge to people

who are trying to follow the Atkins plan. Snacking is a necessary part of keeping your blood sugar up, but most packaged snack foods are forbidden on the plan.

Sweet snacks are high in calories, full of empty carbohydrates and offer no nutritional value. But they sure are popular. There is actually a Snack Food Association that tracks sales of packaged snack foods. It is estimated that Americans eat 3.1 billion pounds of chocolate. Snacking has increased more than a third since 1988. Sales of snack foods gross over \$30 billion a year.

If you've been a snack food junkie you've become used to eating carbohydrates of the worst kind. Snack foods are made from highly refined carbohydrates like white flour, white sugar, corn meal and corn syrup. They are high in trans-fats (which is a contributor to clogged arteries). All in all, they are probably one of the worst food choices you could be making.

But there is hope! You can conquer your love of snack foods by making Atkins-friendly snacking choices. Before you can make the switch, make sure to educate yourself. Understand just how dangerous trans fats can be by reading up on them. Then read the ingredients label of your favorite snack foods. You may be shocked to discover how many trans fats, artificial flavorings and preservatives that you are eating.

Next, get rid of all of the snack foods in your house. If its not there, then you can't eat it. Junk food is not good for anyone in your home so ignore your family's complaints and do what is best for the health of everyone.

Now you'll need to replace those snack foods with some better choices. Giving up your snack foods is not the same as giving up snacks. Snacks should be a part of your daily eating plan because it will help you from becoming too hungry and indulging in high-carbohydrate treats.

There are plenty of low carbohydrate snacks that are easy to make and simple to have around the house. String cheese sticks or small cheese rounds are very easy to keep in the refrigerator. Meat snacks are also a good choice. You can buy jerky strips and other meat products that keep well for long periods of time. When you buy cheese or meat sticks, make sure to read the labels carefully for hidden carbs.

There are low carb instant soups available that are very easy to make and satisfying if you are craving something hot. Low carb soy chips and celery can help with “crunchy” cravings. Try adding peanut butter or cream cheese spread to add more protein to these snacks. Also, you can't beat a handful of nuts for a high-protein, quick snack.

All of the previously mentioned snacks are good for the initial phases of the Atkins diet and beyond. If you are past the induction phase, you can enjoy berries with cream as a snack. There are also many acceptable fruits that make good snacks for the pre-maintenance phase.

21. Carbohydrate Cravings and the Atkins diet

Carbohydrate cravings are difficult to deal with, especially when you are trying to maintain a low carbohydrate way of life. However, carbohydrate cravings are not just a matter of will power. As Dr. Atkins points out in his book, carbohydrates produce a flood of insulin and a rise in blood sugar. There is indeed a physical trigger for carbohydrate cravings, and it is one of the reasons that it is so easy to develop a high-carbohydrate, low protein way of eating.

There are many signs of physical carbohydrate cravings. You will experience a compelling hunger for carbohydrate rich foods. Overtime, you

will develop a growing need for starches, snack foods and sweets. Additionally, you may experience cravings and weight gain after using some of the carbohydrate act-a-likes such as sugar substitutes and alcohol.

High carbohydrate foods are everywhere, which makes the cravings even harder to overcome. Eating the high-sugar, refined starch foods will feed your cravings and create more, much like a drug habit. In fact, high levels of carbohydrates produce high levels of the brain chemical serotonin, which is the chemical found in Prozac and other anti-depressants. So eating high levels of carbohydrates is self-medicating. People with low levels of serotonin are prone to using carbohydrates like a drug.

Tension and stress can also lead to overeating carbohydrate-laden foods. When we are tense, the adrenal gland creates more cortisol. Cortisol is a hormone that stimulates production of a brain chemical that causes carbohydrate cravings. It also stimulates insulin, which leads to blood sugar dips and more fat storage.

Considering all of these factors, it may seem impossible to live on a low-carbohydrate diet. However, following the Atkins plan is one of the best ways to break the cycle of carbohydrate addiction and take back your life and your health. The Atkins plan helps you take control of your cravings and rid yourself of years of damage caused by eating too many carbohydrates.

While on the Atkins diet, you may experience some carbohydrate cravings from time to time, especially during the initial phases of the diet. However, these will lessen as your body becomes more used to eating a protein-centered diet. In order to keep your cravings in check, eat small meals or snacks that contain protein every few hours. This will keep your blood sugars stable and avoid the “crash” you feel when you go hungry. Skipping meals will cause drops in blood sugar and leave you craving sweets.

Protein and fat, which are the focus of the Atkins plan, will give your body extended energy. Make sure you are getting enough levels of the essential fats. Sometimes an Omega 3 fish oil supplement will help stave off carbohydrate cravings.

Cravings for foods can sometimes be caused by dehydration. It's a good rule of thumb to drink a glass of water before reaching for any type of snack. Sometimes thirst can mask itself as hunger. When your body is properly hydrated, it will run more efficiently and you will see a decrease in cravings.

Recognize that there is a physical addiction to carbohydrates that will need to be broken. Don't worry if you feel overwhelmed with cravings for carbs after the first few days on the plan. This is normal. Your body is used to running on a diet full of sugar and carbohydrates. It will take some time to adjust to this new way of eating. Normally, these feelings don't last more than the two-week induction period. Stay committed to this new way of eating and you will see the benefits quickly.

22. Carbohydrate Substitutes for the Atkins diet

Cutting down on carbohydrates with the Atkins diet is easy when you see the wide variety of proteins and vegetables that are on the acceptable foods list. However, it does take some time and adjustment to get used to this new way of eating. A lot of the American diet centers around complex carbohydrate foods like breads and pastas. Snack foods are full of sugars and refined carbohydrates. This new way of eating will challenge your old habits. However, there are many carbohydrate substitutes that can fill in the gap.

Some of the most popular replacement items are sugar substitutes. These can be good or bad depending on how you react to them. Each person has

a different reaction to artificial sweeteners like aspartame and Splenda. They can be helpful in baking low-carbohydrate treats and making things taste sweet without risking sugar use. However, many people find that using artificial sweeteners makes them crave sugar even more. If you find you want more sweet treats after drinking a diet soda or eating a snack made with Splenda, its best to eliminate them entirely from your diet.

Bread is the number one challenge that Atkins dieters face when looking at their new diet plans. Bread is a staple food for many people, and eliminating it can be somewhat of a problem. There are some low carb breads available out there, but you have to watch for hidden carbohydrates and other unacceptable ingredients. If you are ambitious, you can try making your own bread out of almond flour or other non-traditional flours.

Many people say that they love pasta, but people vary rarely eat it plain. The best part about pasta is the topping. So taking those toppings (meat, cheese and vegetables) and putting them over something else is an easy solution. Many people who follow the Atkins plan have found that squash makes a good pasta substitute. Spaghetti squash, a yellow orange gourd with stringy insides, is a natural base for homemade meat sauce. Zucchini is also a good pasta substitute. You can grate in into fine pieces or chunk it up into sections to act as a base for sauces. Lasagna is easily made with large pieces of eggplant as a substitute for the noodles. The meats and cheeses used in lasagna are low-carb so there's nothing to worry about there.

Another common problem for Atkins dieters is finding a good substitute for rice. One popular solution is to use cauliflower. Simply place the cauliflower florettes in a food processor and chop them until they are rice sizes pieces. Then microwave the "rice" without water. The pieces will come out fluffy and ready to be used in casseroles or as part of a side dish.

Cauliflower is also a popular potato substitute for Atkins dieters. This time, puree the cauliflower until it is smooth and creamy, just like mashed potatoes. You can add your favorite low-carb topping to it like bacon, sour

cream and cheese.

Pizza is a favorite food for many people, but there are Atkins friendly solutions for homemade pizzas that taste just as good. You can make small pizzas using low-carb tortillas as the crust. You can also use the same method with large Portobello mushrooms. If the alternative crust options don't sound good to you, you can also try a pizza casserole with all of the ingredient layered in a casserole dish.

These substitutes will help you avoid indulging in your high-carb favorites while on the Atkins diet.

23. Common mistakes of Atkins dieters

The Atkins diet is one of the simplest weight loss plans to follow. Although the principles are clearly set out in the books, there are some common misconceptions that occur for dieters. These mistakes can make a big difference in the amount of weight you lose and effectiveness of the diet overall. If Atkins isn't working for you, or you find yourself suddenly gaining weight after weeks of effective dieting, make sure you aren't making any of these common mistakes.

First, make sure to be patient with your weight loss. If you lose 8 lbs per week on the Induction phase and then slow down once you enter ongoing weight loss phase, this is perfectly normal. The level of carbohydrate grams that are acceptable on the Induction portion of the diet are not meant to carry you through the rest of your dieting experience. Induction is meant to break you of carbohydrate cravings and detoxify your body from sugar. Starting with the ongoing weight loss phase, you will begin introducing small levels of carbohydrate grams each week. This may slow down weight loss a bit from the level it was at during Induction, but this is completely normal.

Also, people are different and react differently to the diet. Some people lose weight in spurts, and other lose weight more steadily. A plateau can last for a few weeks and then voila, you've lost five pounds in a matter of a few days.

Make sure you are avoiding caffeine in all of its forms as well as aspartame, a common artificial sweetener. Both of these chemicals can impact blood sugar levels negatively. Look out for caffeine in coffee and diet sodas. Watch out for aspartame in diet sodas and sugar-free gelatin. These can cause cravings for sugar and take your body out of ketosis after just one serving.

Watch your daily intake of cheese. Although cheese is on the acceptable foods list, it does have small amount of carbohydrates. Your best bet is to limit your cheese intake to 4 oz per day. You can have more on special occasions, but it should not be used as your mainstay for protein. Meats, eggs and tofu are much better choices and don't contain carbohydrate grams.

Remember to emphasize vegetables during Induction and beyond. Your carbohydrate grams should be primarily derived from leafy, green vegetables and other acceptable vegetable choices. Vegetables fill you up without spiking your blood sugar. They provide essential fiber and nutrients that help your weight loss efforts and overall health. After induction, you should have 3-4 cups of salad and 1 cup of cooked vegetables each day. Make sure the vegetables you are using are on the acceptable foods list. Eliminating vegetables from your diet can shut down your metabolism and cause your weight loss to stall.

It is also very important that you eat regularly while you are on the Atkins plan. Never go more than five waking hours without eating a combined snack of protein and fats. Two things happen when you skip meals. First, you cause a blood sugar drop that will have you craving carbohydrates like

bread and sugar. Secondly, continued periods of not eating will slow down your metabolism and make it even harder to lose weight.

Finally, make sure you are drinking enough water each day. Water has a myriad of benefits for every human being, not just those on the Atkins diet. Thirst can sometimes be masked as hunger, so staying well hydrated will keep you from craving foods you shouldn't be eating. Water also helps you avoid constipation, which is an occasional side effect of the Atkins diet. Drinking 8 eight ounce glasses of water per day will also help you flush out the toxins from your system that are produced when you burn fat.

These common mistakes can make people frustrated with the Atkins diet when there is no need to be. If you are just starting out on the diet, make sure to prepare yourself for these mistakes. If you've been on the diet for some time, evaluate your eating habits and make sure you are following the program correctly.

24. Crushing Carbs Without Atkins

A few years ago, health fanatics were touting the benefits of cutting carbohydrates. That meant breakfast without cereal, Asian cuisine without rice and burgers without buns. Pasta? Forget it.

Now whole grains and fruits - especially organic - are at the top of the list. That said, people still want to lose weight; they are just looking for new ways to do so.

Some dieters abandoned Atkins and other low-carb diets because they ended up eating the same things over and over. Others could not stay on it because they had to severely limit their favorite foods.

But many couldn't stay on their low-carb diets for another reason: They crave sugar. Sugar and high-glycemic foods, such as potatoes, white bread and pastas made from white flour, are habit-forming because they evoke cravings and create cyclic demand on glucose and insulin production in the body. This demand creates both physical and psychological addictions.

So as people have abandoned low-carb foods that typically do not trigger food addiction responses, they are back into the cycle and susceptible to gaining back their weight.

Innovative Technologies Corporation of America developed a tea called Carb Crusher that, when consumed with a sensible diet and exercise program, can assist in the reduction of the body's absorption of calories and carbohydrates in the digestive and hepatic (liver) systems.

The key ingredient in Carb Crusher is GCA, an extract made from unroasted green coffee beans. Specifically, GCA reduces the amount of carbohydrates that get absorbed by inhibiting the active transport of sugar into the body. Even when you're not eating, GCA is still working to inhibit sugar being released from the body's glycogen stores (found in the liver and muscles). This forces the body to initiate the burning of fat sooner as an energy source. And since there is no added caffeine or stimulants, you can drink Carb Crusher on an empty stomach or at night.

25. Is Atkins right for you

The Atkins diet is very popular, but is it right for you? Before you start down the low carb road, you should take some time to decide whether low carb is the right way for you to lose weight. Just because it has been effective for

others doesn't mean it will be right for you. No specific diet works for everyone, and you may even find that a type of low carb diet that works better for you than another. There are many things to consider before you start the Atkins diet.

First, evaluate your past dieting history. If you've been trying to lose weight for a long period of time, you've no doubt tried a wide variety of diets. Take note of the different diets you've tried over the years. Write down the basics of each diet, what worked and what didn't. Also, write down why you didn't stay on the particular diet. Evaluate your experience with high carbohydrate diets. These types of diets include most low-fat and calorie controlled diets. How did you feel while on these types of diets? Were you hungry, obsessed with food or experiencing negative reactions? Or did you feel full of energy and generally good?

If you've had experience with low carb diets, write that down as well. Past the negative effects of the first week, how did eating low carb make you feel? Why did you stop using the low carb diet?

The answers to these questions will help you decide whether Atkins is right for you or not. If you've had good experiences with low-fat diets and bad experiences with other low carb diets, then Atkins is probably not for you. If other low-carb diets have worked but not without difficulty, then you may have been on the wrong type of low-carb diet and Atkins might work better. If you've had bad experiences with both types of diets, then you may have better success with a modified Atkins diet.

Your food and eating behaviors can also give you a clue to whether or not Atkins is a good choice for your weight loss efforts. Carb sensitivities are indicated by a certain set of behaviors. You may be carb sensitive if you feel like eating right after you've finished a meal. You will also feel strong urges to eat throughout the day. You may feel dizzy, fuzzyheaded and fatigued without getting a boost from sugar or another carbohydrate. Carb sensitivity is also shown when you feel sluggish after eating. This occurs especially after you eat a meal rich in sugars and carbohydrates. If you

experience these symptoms frequently, you may have carb sensitivities. Try paying close attention to how carbohydrates affect you and if you continue to experience these symptoms, try doing a low carb diet.

Your success on the Atkins diet can also be determined by your medical and family history. If you have any pre-diabetic symptoms, or diabetes itself, a reduced carb diet like Atkins may be right for you. Significant weight gain can also be helped by the Atkins diet. Normally, the more overweight you are, the more likely you are to have high blood pressure, high triglycerides and high blood glucose.

If any member of your family has diabetes or is significantly overweight, this can also put you at risk for these conditions. Your tendency toward these conditions on a genetic level can mark a necessity for a low carbohydrate diet like Atkins. The Atkins plan has been shown to improve weight and control blood sugar issues. If these are problems in your family history, then you may want to consider the Atkins diet.

There are a lot of good reasons to try the Atkins diet. Whether you have responded well to other low carb diets in the past or you have a medical history that warrants a controlled carbohydrate diet, the Atkins diet can meet your needs.

26. Low-Glycemic Trend Is Old Hat to Atkins Followers

Trend-watchers predict that a diet based on the glycemic index, a scale that accounts for the impact individual foods have on blood sugar, will be popular in the U.S. this year. As food manufacturers follow suit, labels will increasingly advise consumers of the low-glycemic nature of certain products.

Atkins Nutritionals Inc. is already one step ahead. Through its own methodology, Atkins has been accurately measuring the effect that certain foods have on a person's blood sugar. The result of this process is called the "Net Atkins Count."

While the glycemic index applies to carbohydrates in foods, it does not take into account portion size and macronutrient interaction or how various foods containing fat, fiber and protein, when eaten together, impact an individual's blood sugar. The new Net Atkins Count will make Atkins products especially easy to incorporate into any healthy lifestyle that seeks to stabilize blood sugar levels.

According to Atkins, a three-year collaborative effort between Atkins scientists and Dr. Thomas Wolever, one of North America's most prominent nutrition researchers, led to the development of its method of determining the impact that a product has on blood sugar. The method evaluates a person's base-line blood sugar levels and then tracks his or her body's response to foods.

Researchers then gather data on a number of individuals that report actual measured increases in blood sugar, which ultimately yields an average blood sugar effect across a group of people. The term Net Atkins Count is used to express this clinically validated number.

The Atkins Nutritional Approach itself has long emphasized the value of consuming low-glycemic-impact foods, along with sufficient protein and natural fats, to maintain blood sugar stability and initiate fat burning.

27. Overcoming plateaus on the Atkins diet

If you are experiencing a stall or plateau in your Atkins weight loss efforts, you are not alone. This occurs from time to time. However, you first must make sure that you have actually reached a plateau point.

A plateau means that you have gone an extended period of time without losing weight or inches. It's important to take your measurements before you start your weight loss plan, in addition to your weight. On some weeks it may not seem like you are losing any at all on the scale. But a quick look at your measurements will prove otherwise.

On the Atkins diet you are replacing fat with muscle, which is denser and heavier. You might actually gain a little weight because you are building muscle to replace your fat. The result will be an increase on the scale, but a decrease in your inches. Your body will be smaller and leaner, but you may weigh the same.

Before you start your program, measure your chest, waist, hips, upper arms, thighs and calves. You never know where you may be losing inches, so it's important to have these comprehensive measurements to refer to. It is normal to go through periods where your body is readjusting. Remember that you are reforming the composition of your body and this process will take some time. Check your measurements once a week, just like your weight, and you can track your overall progress.

There may be periods of 3 to 4 weeks where you have a stall in weight loss, but a loss in inches. Or vice versa. Using both methods to track your fat loss is the best assurance for an accurate measure of your progress. These stall periods are not a reason to quit or to give up. They are natural parts of the weight loss process.

Stalls may occur more frequently if you are 5 to 10 pounds away from being at your goal weight. By following a low-carb, high-protein way of

eating you have created a lot more muscle in your body. Your muscle-to-fat ratio is higher than ever before, so your body might be resisting losing anymore fat. It may be time to rethink your goal weight. Perhaps your body is trying to tell you something and its time to start maintaining your weight loss rather than trying to lose more.

There are some other possible causes of stalls and plateaus on the road to weight loss. If you've gone four weeks with no change in weight or measurements and you are nowhere near your goal weight, you can try a few different methods to get yourself out of the rut. First, make sure your carbohydrate level is in check. If you are eating too many carbohydrate grams per day, your weight loss will stall. Look for hidden carbohydrates in packaged foods, dressings and sauces to make sure they aren't the culprits in your plateau.

Check your daily water intake. When you are dehydrated, your body will retain water and that can mimic a plateau. Water will also help flush ketones from your system and make more room for new fat burning ketones.

Undereating can also be a cause for weight loss plateaus. Make sure not to let yourself go hungry and eat smaller, more frequent meals. Remember, you are on a carbohydrate-restricted diet, not a calorie-restricted diet. Make sure to have some protein with every meal and snack. Never go more than 5 hours without eating something (except overnight of course). Also, eat freely from the acceptable foods. Don't try to count calories or restrict your calorie intake. When your body gets too few calories, it goes into starvation mode and will hold onto fat cells.

Increasing your exercise level can help get you through a plateau as well. As your muscles get used to working out at a certain level, you'll have to increase the duration or the intensity in order to keep challenging your body. Add a new exercise into the mix, or try increasing weight in resistance training.

Trying one of these methods will most likely get your weight loss back on track. Remember that occasional stalls are normal, but they do not have to last.

28. Planning for Atkins

When it comes to the Atkins diet, your success will lie in your planning. Making sure you have the proper foods on hand when you begin your diet will go a long way toward your ongoing weight loss. There are many suggestions for Atkins diet meals in the Atkins books, and there are plenty of resources online for Atkins and low-carb recipes.

Planning your meals and snacks will be an important part of your life when you are on this diet. That advice really goes for any diet. When you eat whatever you like, you gain weight. Your current weight and health problems are a direct result of letting your eating habits go unchecked for so long.

As with all diet plans, becoming used to the Atkins way of eating is going to take some time and adjustment. The standard American diet relies heavily on carbohydrates and other restricted foods. Many people grew up on carbohydrate heavy favorites like spaghetti and meatballs, meat and potatoes and pasta casserole. It is going to take some effort and patience to get used to eating in an entirely new way.

There are two different approaches you can take in adjusting your diet. You can find replacements for your favorite foods with “mock” carbohydrates. For example, lasagna made with eggplant or zucchini instead of pasta is much more carb-friendly than the regular variety. Spaghetti squash noodles

make a good substitute for spaghetti noodles. There are also many low-carb or carb-free replacements for bread, pasta and sugar products.

The second approach is to find out how to make new recipes that center around meats and other low-carb foods. There are a wide variety of meats that are acceptable on the Atkins plan. If you are used to just eating ground beef or chicken on a weekly basis, you'll be surprised by the variety of meats that are out there. Try incorporating pork, lamb and ham into your weekly routine. You can also experiment with game fowl like Cornish hen, quail and pheasant. If you've never been a fan of fish, try a different variety. Some people who don't like trout find they have a love of salmon or another fish. Don't forget shellfish like mussels, clams and shrimp. These foods are all acceptable and can add variety to your diet.

Make sure to have some easy to prepare foods on hand for snacks and quick meals. For example, thin sliced cucumbers, radishes and celery mixed with lemon mayonnaise makes a great low-carb meal or dinner salad. Fried peppers, mushrooms and garlic served on arugula with feta cheese is another good option.

Research and try out different low-carb recipes so you have a good base of knowledge of what to prepare for meals. The most important step you can take in losing weight is planning. Getting a good arsenal of easy to prepare meals will prevent you from hitting the drive through or going to a restaurant and breaking your diet.

If you have delicious food to look forward to everyday, you'll be less bored with your diet. Even during the restrictive induction phase, there are many food combinations that you can use. At first glance, the vegetable and meat options may seem restrictive. But this is only in comparison to what you have been used to eating. With a little planning and creativity, you can find something interesting to eat everyday.

29. Pros and cons of the Atkins diet

The Atkins diet is one of the most popular low carbohydrate diets on the market today. Its popularity has sparked dozens of look-a-like diets who center on the same principles of high-protein, low-carbohydrate eating. There are a lot of fish in the sea when it comes to choosing a low-carbohydrate plan.

Studies have shown that low-carbohydrate eating has many benefits. There have been scientific results that low-carbohydrate diets like Atkins do create significant weight loss without having to restrict calories. People who use the Atkins diet have also reported this. There are studies that show that low-carb eating improves triglycerides, reduces blood glucose for diabetics and pre-diabetics and increases good cholesterol (HDL). Low-carbohydrate dieting has been scientifically proven to improve insulin sensitivity, decrease blood pressure and lower blood insulin levels. When compared with low-fat diets, low-carb dieters lose less muscle mass.

Although not scientifically proven, there are many common benefits reported by Atkins dieters and other low-carb dieters. These include an increase in energy, a reduced craving for sweets, better concentration, improved mood and an lessening of depression type symptoms.

However, there are also some benefits that are specific to the Atkins diet. If you have been a low fat dieter in previous years, you'll enjoy eating all of those "forbidden foods" that you once had to go without. Steak, butter and cream are a regular part of Atkins dieters' meals. There is a certain pleasure that goes along with eating foods that were once off limits. Atkins dieters are encouraged to eat their full of rich meats, cheeses and fats and oils.

Atkins is also simple to use, compared with some other low-carb diets on

the market. There are some basic food carbohydrate counts that you'll need to learn, but after that, you are free to eat from the acceptable food lists.

Dr. Atkins also emphasized finding your own personal carbohydrate level. Different people have different levels of carbohydrate tolerance. While some gain weight on just 90 carbohydrate grams a day, others can live comfortably at 120 carbohydrate grams. During the ongoing weight loss phase and pre-maintenance phase of the diet, you will learn your personal carbohydrate count that will help determine your carbohydrate goal for life.

The popularity of Atkins is a double-edged sword for dieters. There is a lot of information available on the diet, which makes it easy to find resources and support. There have been many, many Atkins books written and there are endless amounts of websites that offer tips and group support. However, everyone has heard of Atkins and probably has an opinion on it. There are some big misconceptions out there about the nature of the diet, and you'll no doubt have to defend your new way of eating from time to time.

There are some other minimal downsides to using the Atkins program. You do need to count carbohydrates in everything you eat to make sure that you are staying within your personal carbohydrate range. There is also the issue of Induction, the most hotly debated aspect of the plan. Induction can be difficult to get through if you've had a diet that centers on carbs and sugar. Also, many people try Induction and mistakenly believe that this is the way that the whole diet is going to be. They end up quitting before they get into the actual Atkins plan.

Sometimes, although it is not common, people will experience a carb crash on the 3rd to 5th day of the diet. This reaction is a result of their body finally experiencing ketosis, or running on fat instead of carbohydrates. The effects are transient, but many people have sworn off low-carb diets entirely because of this happenstance.

Overall, with the minor drawbacks considered, Atkins is one of the most popular low-carb diets for a reason. It works. Thousands of people have had success with the Atkins approach to the low-carb way of living.

CHAPTER 2. All About Hoodia Diet

30. A Brief Thought on Hoodia

There have been so many diet trends that promised so much but delivered little that people are now desperate to loose weight. Most of these diet programs require a lot of time and work (and a huge amount of willpower) that most people give up. Most of us simply don't have the time to prepare portion measured meals. Weight gain has turned into a more serious problem that most people will resort to any means necessary. Fortunately amidst all the scams and promises a new diet has now surfaced. Hoodia diet is the latest most effective diet to come out today.

With so many diet trends it natural for us to question this new craze. The diet has been featured in several television shows such as The Today Show, BBC, 60 minutes and Oprah. Like the others before, will it become just another trend to be swept off under the rug and followed by the rich? What difference does have it have with others that have come before it and many more that are continually sold in the internet?

The Hoodia diet

More often than not nature still provides the best answers to our problems.

The diet comes from a plant named Hoodia gordonii. It's also the main component which makes it more effective and safe than any other diet that has come before. It works by naturally suppressing a person's appetite.

It specifically works by targeting the satiety center of the brain which is located at the hypothalamus. It releases a chemical compound which acts on this area. This causes the hypothalamus to send a signal to the brain that it has already consumed enough food.

This way the individual's appetite ceases and his/her cravings are controlled. The main problem with weight gain and obesity is eating, so why not stop it? The diet's main source of ingredient is a plant which makes it 100% natural and safe. It is not chemically formulated unlike other drug supplements and diet pills. It does not contain ephedra, caffeine and other stimulants.

You don't have to prepare meals and calculate your calorie intake. All you have to do is take the pill to control your appetite. The less food you eat the fewer calories to burn. It has been proven by studies and testimonials that it is effective in losing weight.

The diet also comes in different forms other than pills such as powder (used as shakes), and liquid. There are also other variations such as desert burn diet pills or diet pills with green tea. The individual can choose which diet is best for him or her.

Due to its cheap popularity cheap imitations have also surfaced over the internet. When buying the drug be sure to read the label. No other ingredient should be indicated except Hoodia gordonii. Other diet pills have fillers and flowing agents to scam people out of their money.

We live in the era of commercialism. We may choose not to eat a midnight

snack but our brains are too bombarded with advertisements to ignore these thoughts. More often than not it's not the food or the diet which is the problem but the individual.

People also have to remember that this diet pill is for maintenance only. Anything in excess like obesity, even for products with good intentions, can go awry.

31. HoodiThin: Get Thin with the Real Thing

The hoodia diet has taken over the weight loss market ever since it was introduced. It offered a new way of losing weight. Weight gain and obesity has plagued people of all ages. People have become more and more desperate as diet trends come and go. Most of them offer much but deliver little or nothing at all. Fortunately the hoodia diet provides a different option in liquid form. The hoodia diet is now marketed in different form and brands. Unfortunately with so many fakes and cheap imitations lingering in the internet it's quite a task to be able to find a genuine product. Fortunately there are manufacturers who keep with the standards.

A new brand called HoodiThin is available which caters hoodia gordonii in liquid form. The benefits of HoodiThin Hoodia diet All hoodia products work effectively as long as they are genuine. All of them are natural appetite suppressants as long as they contain 100% hoodia gordonii. Unfortunately with cheap imitations swarming all over the internet it's hard to find one. But as long as you know where to look finding hoodia is easy. HoodiThin is one of the many brands that have spawned from hoodia diet pills ever since it came out in the market.

The plant hoodia gordonii was first introduced in 60 minutes and has

sparked the interest of many manufacturers and companies. The brand offers an alternative to diet pills. HoodiThin works the same way as any hoodia diet supplement. It naturally suppresses an individual's appetite by tricking their brain. It releases a chemical component in the satiety center of the brain found in the hypothalamus. The hypothalamus sends a signal to the brain that it has consumed enough food.

The dieter will feel full even though she has little or no food at all. The main benefit of the brand is that it is in liquid form. It's faster and easier to absorb. The liquid is made up of active ingredients extracted from the connective tissue of the hoodia gordonii plant. A much faster absorption rate leads to quicker results. Pills are made of hoodia roots and parts of plant which are hard to digest. You can mix with water or juice and you're ready to go.

It's convenient for those who have trouble swallowing pills. Dieters don't have to prepare portion sized meals. It's much faster putting a few drops of HoodiThin than preparing a diet recipe. You don't have to adhere to a strict diet regimen. You don't have to restrain yourself from eating which leads to food binges. The brand is also catered by a certified manufacturer. If you look at their site they have proof of authenticity. They have a CITES certificate and independent lab results which can be viewed by the public. Consumers will be assured that their product contains 100% hoodia gordonii.

They also offer a money back guarantee which convenient for online customers. Consumers should always look for genuine products. Hoodia is rare and expensive. The advertisements that are selling them at low prices will most likely contain little hoodia. The plant is also not a cactus like other sites state. Hoodia diet is not a miracle solution for weight gain but it does offer an effective solution. By taking the real diet properly there will also be real results.

32. Hoodia Diet: Which is the Best?

The diet craze has intensified more than ever as weight gain and obesity continues to worsen. With no known solution people are becoming more and more desperate. There are many diet supplements scattered all over the internet but none of them are guaranteed to work. Fortunately a new diet which has been proven to work has now surfaced. The hoodia diet has taken over the market ever since it was introduced in 60 minutes in 2004. Due to its popularity the hoodia diet is now available in many forms and brands. Consumers should not only buy just the best but also the original. There are several fake and cheap imitations. Consumers should be aware of scammers who take advantage of desperate individuals. What makes hoodia the best anyway? The diet comes from hoodia gordonii.

It is a plant that grows in the Kalahari desert of South Africa. The locals used to fend off hunger during the long hunting trips. In America it is used as a weight loss supplement. It was featured in several shows such as The Today Show, BBC, and Oprah. It works by naturally suppressing an individual's appetite. It releases a chemical that acts on the satiety center of the brain. This center can be found in the hypothalamus. It causes the hypothalamus to send a signal to the brain that it has consumed enough food. The dieter will feel full even though he or she has taken little or no food at all.

Due to its popularity there are several brands that have surfaced in the market. It is also available in different forms. Choosing the best hoodia diet will depend on which one is the best for you. The hoodia diet comes in pills, capsules, patches and in liquid form. If you want faster results the best option would be the liquid diet. HoodiThin is a certified brand that sells hoodia in liquid form. All you have to do is mix it with water or juice.

The liquid form is composed of active ingredients extracted from the connective tissue of the plant. It's easier and faster to absorb which leads

to quicker results compared to diet pills. If you don't mind taking pills then buy the Dessert Burn brand. It's also certified to contain 100% pure hoodia gordonii. There is several hoodia diet pills in the market catered in different brands so consumers have to be careful in purchasing them online. Patches are not clinically proven to work.

Although it may be convenient for those who are too busy to take pills they are not yet proven to be effective as compared to other forms of hoodia diet. For now the best hoodia diet is HoodiThin. Diet pills are hard to digest and it may take sometime for them to work. If want faster results its best to stick to the liquid diet. In general any form of hoodia is effective as along they contain 100% pure hoodia gordonii.

Consumers should look for a CITES certificate, independent lab results or analytical reports for authenticity. In the end dieters are the one who will decide which hoodia diet is the best for them. They must pick the one which suits their body and lifestyle. But they must also not forget to buy genuine products to get the full effect.

33. Dessert Burn Real Hoodia for Real Results

Weight has come a long way from a socialite's problem to everyone's threat to health. A lot of diet trends have come and gone. All of them have promised much but delivered little. Others didn't even work at all. Fortunately there is a new way of loosing weight. The Hoodia diet pill offers a more practical solution to the problem. Amidst all the fakes the brand Dessert Burn delivers what it's suppose to.

Hoodia is available in the market in many forms and brands. Ever since it came out, a lot of manufacturers have taken advantage of its popularity, making their own line of products. Unfortunately hoodia can be rare and expensive, other manufacturers cheat to take advantage of unsuspecting

customers.

If it's hard to get then why not get it at all?

The diet is from a plant called hoodia gordonii. It grows in the Kalahari desert in South Africa. It's used by the locals to fend off hunger and thirst during long hunting trips. Contrary to popular belief it's not from a cactus plant.

It naturally suppresses an individual's appetite. It has a chemical component much stronger than glucose which acts on the satiety center of the brain. This center can be found in the hypothalamus. This chemical causes the hypothalamus to send a signal to the brain that it has consumed enough food.

The dieter will feel full even though he or she taken little or no food at all. It has no typical side effects like other diet pills. Its main source is a plant which makes it 100% natural and safe. It does not contain any drug.

Individuals don't have to prepare portion sized meals. They don't have to calculate their calorie intake. They don't have to follow a strict regimen. They have control over their diet not the other way around. It's similar to fasting without the hunger pains. Individuals will be able to control their cravings such as midnight snacks.

Unfortunately due to the diet's popularity there are hundreds of fakes. Other manufacturers sell products that contain little or no hoodia at all but still market them with the name. They have also come in different brands and forms. Apart from pills, there are also patches, capsules and liquids.

Some of these manufacturers have sites but do not have the proof of

authenticity. They are taking advantage of the hype surrounding the diet. Proofs that consumers should look out for are CITES certificate, independent lab results or analytical reports. The label of the diets pills or other products should not contain other ingredients except Hoodia gordonii.

Fortunately there are manufacturers that consumers can depend on. Dessert Burn is one of the brands that cater original hoodia products. They have the proof in their website available for consumers.

Individuals should remember that this diet is for maintenance only. If it is not used appropriately you can literally starve yourself to death. The diet pill should be taken with lots of water, exercise and healthy food. The diet is used to control your cravings not stop you from completely eating.

Make sure that the product is genuine before buying it. Diets work differently for people. This diet provides a safer, easier and convenient solution to help you loose weight.

34. Hoodia Max: Real or Cheap Imitation?

Hoodia Max is one of the brands that are marketed online for dieters. Unfortunately due to the popularity of this weight loss supplement several cheap imitations and fake ones circulate around the internet. How do we know which brand really works?

What is this new diet anyway?

This new diet was made from a plant which can be found in South Africa. It grows in the Kalahari dessert. Hoodia gordonii is a succulent plant which is

not related to the cactus contrary to popular belief. It works by naturally suppressing an individual's appetite. It has been featured in several shows including Oprah, BBC, The Today Show and 60 minutes.

The diet pills work by releasing a chemical component stronger than glucose. It works on the satiety center of the brain which is located in the hypothalamus. When the pill takes effect the hypothalamus signals the brain that it has consumed enough food. When the dieter takes the pill he or she will feel full even though there's little or no food taken at all.

This way the dieter's appetite is suppressed and cravings are controlled. It's convenient for dieters who have no time to prepare portions sized meals. They don't also have to follow a strict regiment which more often leads to food binges. Unlike other supplements it's not chemically formulated. Its main source is a plant which makes it 100% natural and safe. It does not contain ephedra and ephedrine which has unpleasant side effects.

By taking the original diet pill it will work with proper maintenance. Dieters also have to remember that the pill can mask the fact that you are starving yourself so it should be taken as appropriate.

Does Hoodia Max work?

Any brand will work the way it's made to if its 100% genuine. There are hundreds of diet pills out there and many more fake counterparts. Advertisements online can be misleading and most often they are just all hype. Hoodia diet has become popular ever since it was introduced to the American public, so there's no wonder that there's always fake lingering somewhere.

Hoodia Max is manufactured by supplement spot. To be able know if the

manufacturer is selling an original product is the presence of a C.T.I.E.S certificate. Unfortunately the supplier of this brand does not have this certificate. This certificate is required by companies that export Hoodia Gordonii from the African Western Cape Conservation in South Africa. They also don't have analytical reports or lab tests to prove that their product is genuine.

The other thing about the brand is that it's cheap. The authentic Hoodia diet pills are actually expensive. They usually cost about \$60 per bottle while Hoodia Max is selling for \$40. Due to this, we cannot be sure of the brands authenticity. Many dieters have lost a lot of money because of falling into a cheap trap set up by fake manufacturers.

Before buying any product with this brand make your own research first. Over the internet anyone can claim that they have found the miracle drug. Anyone can claim that their product is 100% authentic too.

35. Can You Grow Hoodia at Home?

Today we live in the era of fast food and instant meals. With every fast food chain conveniently placed in the street it's no wonder that people have problems with weight gain. It has become a more serious problem as obesity became widespread. People now are not losing weight to look good but to become healthy. Hoodia diet pill is the newest popular weight loss supplement to hit the market. Unfortunately it can be expensive so why not grow them yourself?

The diet has been featured in several television shows such as Oprah, The Today Show, and BBC. Ever since then a lot of cheap imitations have invaded the internet. Apart from being expensive it's also difficult to find a

genuine product.

What makes Hoodia so important anyway?

Hoodia diet pills work by naturally suppressing an individual's appetite. It has chemical components which act on the satiety center of the brain. This center can be found in the hypothalamus. The components influence the hypothalamus, making it send a signal to the brain that it has already consumed enough food. The dieter will feel full even though he or she has eaten little or no food at all.

The main problem with weight gain is not the food but our eating habits. By controlling one's appetite, the individual has less food intake and fewer calories and fats to burn. This new way of dieting proves to be convenient and practical. Ever since it was introduced in 2004 it has become popular ever since.

Its main ingredient is plant which make it 100% natural and safe. It does not contain caffeine and ephedra. It also does not contain stimulants which causes no side effects. Its active ingredient P57 is patented. This means it has been clinically studied and tested before being used.

Can you grow hoodia at home?

Unfortunately it can prove to be expensive. It's also hard to find due to the cheap imitations that are spread all over the internet. Individuals can grow hoodia at home if they can find genuine seeds. The main problem is it takes 5 to 7 years for the plant to mature. This is only applicable with the right climate. The plant grows in the Kalahari dessert in South Africa. It will be much harder to grow the plant when you're in a different country with a much colder climate.

It's very difficult to grow hoodia at home if you don't have the right weather. It's impossible to duplicate the climate of the dessert unless you live there. It may be possible for countries with tropical climates but five to seven years is too long. Especially if you can make your own research online and just buy the product.

Growing the plant may not be an easy pursuit but there's always the internet, as long as you know where to look. Make sure that the manufacturer has a CITES certificate and an analytical report. Look at the label and make sure that it only contains 100% hoodia gordonii powder.

If you take the authentic diet pills appropriately it can be effective. You may have to leave the growth of the plant to nature. There are many sources of information in the internet. The hoodia diet may take a lot of task to get to, but it does offer a good and convenient way of losing weight.

36. Hoodia: The Herbal Natural Remedy for Weight Loss

Diet pills are often frowned upon because of high costs, dangerous side effects, and the hassle of getting prescriptions from a physician. That's why many people who want to lose weight are turning to natural supplements such as Hoodia. Hoodia is a non-prescription herbal natural remedy for losing weight. The "Hoodia craze" in the media has resulted in more and more dieters inquiring about this amazing diet herb.

What is Hoodia?

Hoodia is a natural herbal supplement derived from a succulent plant from the milkweed family. This cactus plant grows in the Kalahari Desert in

Africa. It has been used by tribal bushmen of Africa for thousands of years. The bushmen would chew the plant during their hunting trips to suppress hunger and thirst as well as increase stamina. Though these bushmen probably rarely thought about dieting (if ever), they were using an herbal natural remedy that would eventually be desired by dieters around the world!

Hoodia and Weight Loss

Hoodia is available in several forms: Hoodia Gordonii diet pills, Hoodia Balance, and Hoodia Chaser (liquid form). When taken, Hoodia signals to the brain that you are no longer hungry or thirsty. This signal takes place because of Hoodia's ingredient P57. P57 signals are similar to those of glucose, but much stronger. So, the appetite is suppressed at longer intervals.

Benefits of Hoodia

Hoodia offers many benefits to the weary dieter. It is a natural weight loss product and can be bought online or off-line without a prescription. This enables the dieter to buy several months' supply or even a year's supply without paying for ongoing doctor visits for diet pill prescription refills.

Being a natural weight loss supplement has other advantages as well. Hoodia, if bought in its pure natural form, does not contain the harmful chemicals contained by many other prescription or over-the-counter diet pills. For those who are inactive and have a difficult time controlling their appetite, Hoodia offers the sense of control in that it tells the brain that no food is needed so the person can concentrate on other things.

Hoodia also naturally enhances one's mood and increases stamina. The dieter may feel a burst of energy and have a desire to be more active than

normal. This, in turn, helps in the process of losing weight as well.

Hoodia Tips for You

While taking Hoodia products, it is recommended that you consume plenty of water and other liquids to prevent dehydration. The thirsty "feeling" may not be there, but your body still needs adequate amounts of liquids. Also, when those hunger pangs do arrive, eat healthy, well-balanced meals to give your body the vitamins and nutrients it needs. This will also enhance your weight loss and give you the energy you need to carry on daily tasks.

Before buying a Hoodia product, research the product and company carefully to be sure it is Hoodia in its purest form. There is a wealth of herb information on the Internet. Check labels for "additives" or extra chemicals and ingredients. Buying Hoodia that has been enhanced with other chemicals could hinder your weight loss efforts and be harmful to your health.

As with any new medication or natural supplement, talk with your physician to be sure there are no health conditions that would hinder you from taking Hoodia. If you have high blood pressure, a heart condition, diabetes, or some other serious condition, then talk with your physician before trying Hoodia.

People are choosing herbal cures and natural health products over prescription drugs like never before. You can even search online to find an herbal natural remedy such as Hoodia, Provillus, and many others at discounted prices. Start fighting obesity today with Hoodia.

37. Hoodia 750 Review

Hoodia Gordonii is a natural weight loss aid that many people swear by for fast, safe weight loss. Pills come in many sizes and forms.

Some diet pills simply add Hoodia to their already jam-packed pills. Other sellers offer pure Hoodia in doses of 400 mg, 750 mg and up.

So which dosage is right for you? How much should you take to get the weight loss results you want?

First of all, you have to make sure that the manufacturer you're buying from actually does put the stated amount of Hoodia in their pills. With the skyrocketing demand for this miracle appetite suppressant, there are several crooked companies that are using fake Hoodia, filler products or not putting the stated amount of Hoodia in their pills.

(A recent Truth Publishing report revealed that two thirds of all products on the US market contain no hoodia at all!)

So make sure you buy from a trusted company that also displays their C.I.T.E.S. certificate and lab assays.

What dose of Hoodia should you take to see results?

After pouring over the research, articles and personal testimonies, I believe you need at least 750 mg of Hoodia 3 times a day to see appetite suppressant results.

This dosage guarantees you a higher possibility of successful results.

Depending on your body size, composition, health, weight, etc, you may need a little more or less.

A good rule of thumb is to start slow and see how you feel. Some people start with 400 mg before meals three times per day. If they don't see results they increase it to 750 mg before meals three times per day. If they still don't see results they can then try 1000 mg before meals three times per day.

Also, remember to give yourself a couple of days to see results.

Why 750 mg?

Because that seems to be the dosage where most people have the most success. It's also the most popular dosage with buyers. However, again, start slow and give it a couple of days before making any changes.

Also, consult with your doctor before taking Hoodia or making any changes to your diet or lifestyle.

With many people finding they get excellent appetite suppressing results taking at least 750 mg three times a day, many manufacturers are coming out with a 750 Hoodia pill.

In conclusion, make sure to listen to your body, consult your doctor and combine Hoodia with a sensible diet and exercise program for maximum weight loss results.

38. Hoodia Gordonii – Should You Take It?

People that are overweight tend to dream to have better weight so they can wear whatever clothes they want. And if they have better weight, they can be confident about themselves and will not be shy to relate to others.

Of course, most of us want to have great body and feel great about ourselves. But there are times that people tend to neglect their weight when it comes with lots of delicious foods that are made available nowadays. Due to these, they tend to eat too much and soon they will gain so much weight and finally realize that they need to lose weight.

We need to take good care of our health. Obesity or overweight can bring risks to your health; it can give other complications that can harm your health. So you have to lose weight as early as now, before it actually happens to you.

There are lots of products that can make you lose weight. Prescribed medications can make you lose weight but due to the controversy that these products can give risks or negative side effects to the one taking it, more and more dieters are longing for healthy alternatives that can make them lose weight without any side effects at all.

In terms of wanting healthy alternative that is known without any side effects, here comes hoodia gordonii. Hoodia gordonii is a plant, a cactus-like plant which was usually mistaken as a cactus. It is a succulent plant which means that they belong with the same family. This plant can be seen in Kalahari Desert of South Africa, it takes several months for this plant to mature. This plant is a cucumber looking plant and has a slightly bitter taste but amidst of the taste, San people used to eat this plant to suppress their appetite especially when they are out for long trip or hunting. The San people will remove the skin and spikes and chew it.

Because of this, thorough research was made by scientist and they found out that this plant has an active molecule named p57 that can trick the brain in signaling that the person who took it is full and satisfied.

So hoodia gordonii is proven to be effective, it can really make one lose weight. Actually, hoodia gordonii can even increase one's stamina. In taking hoodia gordonii, you can decrease about 1000 calories a day or even more. But this can happen if you follow directions carefully, you need to take the right dosage given to you. It is really appropriate to read label and ask several questions when you purchase it in order to know the right directions.

It is advisable that you take hoodia gordonii and accompanied it with proper exercise and eating healthy. It is better to be active in order to lose weight. You have to eat healthy foods that have proper nutrients needed by the body. All of these can help you see great results soon.

39. Hoodia Gordonii Can Give You Better Weight

If you want to lose weight, there are lots of products that are available in the market. But of course, you do not simply use a product that claims to make you lose weight.

Yes, each of us wants to have great body in order to feel better and great since being obese or overweight can make a person shy to mingle with others. Obese or overweight soon lack their confidence and tend to be alone and changes the way they relate with others.

If you are in search for a product that you can use in order to lose weight, you have to be careful though since each product are claiming that they can aid one to lose weight. But definitely, not all products works, there are some that can waste money and can't make you lose weight.

You can check out products on the internet, magazines, television and you can find lots in the market. In order to find the product that will work effectively, you have to do some shopping or research so to have the right product for you. There are lots of websites that offer such products, so you have to check out the website and make sure that it is a reliable one.

A reliable website can give you lots of information that you need to have about the product. Take time in searching for the right site; make sure it is a good one.

If you are in search for the right product, hoodia gordonii is one of those products that are designed to make you lose weight naturally, which means it is known without any side effects.

Hoodia gordonii is an appetite suppressant comes from the extract of a cactus-like plant which is a cucumber like looking and can be found in Kalahari Desert of South Africa. This plant takes its maturity after about 5 to 7 years. The plant was used by San people to suppress their hunger and thirst for centuries now. These people remove the skin and spines and chew it especially when they are out for long hunting.

Hoodia gordonii was been proven and tested that is can effectively make one lose weight since it has a miracle molecule which can trick the mind by signaling that you are full and have eaten even if not. So you can use it if you want to lose weight.

But do not rely everything on losing weight, you have to help out as well

and you can do it by associating hoodia gordonii with eating healthy and making physical activities.

You have to watch the foods you eat, make sure it has the proper nutrients that can help the body and never eat too much. You have to give at least 30 minutes to an hour of your spare time everyday in doing physical activities or exercise.

Indeed, in taking hoodia gordonii and using the right dosage can make you lose weight effectively.

40. Hoodia Gordonii Can Solve Your Weight Problem

Having lots of delicious foods that are made available for us, lots of people tend to eat everything that they want. They eat what they want without considering their weight, but as soon as they found that they are gaining so much weight, they look for ways to lose weight.

Gaining too much weight can bring to other health problems which absolutely you do not want to happen. So you have to start doing something to make you lose weight before it can come to a point that it can harm your health.

Yes, being overweight can ruin your life since it can bring about lack of confidence and it can change the way you relate with other people.

But there are weight loss products that are available in the market that can make you lose weight. There are pharmaceutical medicines that are

available out there to make you lose weight but because of the risks of having side effects that people can have when they use such medicines, more and more people are afraid to use it and prefer to switch with natural weight loss products.

One of the effective weight loss products that you can use to lose weight is hoodia gordonii. Hoodia gordonii is a famous weight loss product that more people are using since they believe that it is the most effective and safe weight loss product that can make them lose weight without any side effects.

With in terms of effectiveness, yes, hoodia gordonii is proven and tested to be effective. Hoodia gordonii is a cactus like plant that can be seen in Kalahari Desert of South Africa. San people used to eat this plant by removing the spikes and skin of this plant. So scientists tested this plant to make sure it is non-toxic. Scientists found out that this plant has a miracle molecule which is called p57 which works by tricking the mind by telling that you have eaten and satisfied. This came to such results by testing the p57 with animals. The San people used this plant for centuries to suppress their hunger and thirst especially when they are out for log hunting.

This is the reason why more and more dieters out there prefer to use hoodia gordonii because this product is known to be safe since it doesn't have the risks of having side effects and it is effective. So if you are having weight problems, you can take hoodia gordonii.

It is recommended that you take hoodia gordonii and combine it with eating healthy and exercising. You do not have to let the product do all the work for you, do not rely so much with the product, you have to help out as well in order to see great results.

Changing your habits can be hard for you but you have to do it. You can do it by making it a step at a time. Yes, you need to change your eating and exercise habits, but you can take it slowly. You can replace pasta or cake

with fruit and vegetable. You can replace soda with water. These little things can help out in losing weight until you can finally control your habits.

Yes, taking hoodia gordonii can make you lose weight but you have to follow instructions carefully to see great results.

41. Hoodia Prime Is Helping Me Battle My Weight Loss

It took quite a few too many years and a dozen or so different health supplements and diets, but I can honestly say that I finally pinpointed the ONE to make it work - to lose all of that unwanted weight and feel like myself again. I finally feel like I can handle myself when I step into a buffet or when a friend of mine asks me over for dinner and they ask me if I want seconds. It is a glorious feeling to just say NO and it is all thanks to Hoodia Prime.

I had not heard of Hoodia Prime Gordonii prior to this year. I did not know that there was a new weight loss product that pretty much made you stop feeling hungry. If I had, I sure as heck would have tried it prior to when I did. I have tried other Hoodia products that made me run around like my butt was on fire or something, and then an hour or two later I was eating everything I could get my hands on. It just did not feel good or right. Hoodia Prime, which has been everything its makers declared it would be, is the complete opposite of that. I am just not hungry. THAT IS IT!

In fact, it took just a few days using Hoodia Prime and I was already losing weight, and doing it 100% safely. I took the Hoodia Prime and not too long after, I felt myself full and satiated. The feeling never entirely went away. This is how it has been for about the past two weeks.

I have decided, since Hoodia Prime made such a great difference in my life, that I would tell any one who will listen -- about how wonderful the product is.

42. Hoodia Diet: What Does it Have that Others Dont?

Weight loss programs are as many as the spams and advertisements that hover in the internet. With so many of them claiming to be the miracle cure, the right product is elusive. Apart from the diets that don't work there are also hundreds of cheap imitations and fake products all over the internet. The newest most popular trend is the Hoodia diet.

It has been featured in many shows such as Oprah, BBC, The Today Show and 60 minutes. It may have worked for other people but will it work for you? Each individual's body is different. More importantly, what does this diet have when compared with other ones that has come and gone before it?

The miracle pill or just another trend?

The diet's main ingredient comes from the Hoodia gordonii plant. It's found in the southern Africa. The locals call it "Queen of Namib" or the "Bushman's hat". They use it for treating infection and indigestion. In America it's popular as a natural weight loss supplement.

It was introduced in November of 2004 and has become popular ever since. The diet works by naturally suppressing a dieter's appetite. It releases chemical component in the satiety center of the brain located in the hypothalamus. When the chemicals act on the hypothalamus it sends a

signal to the brain that it has already consumed enough.

Comparing this diet to other weight programs it's much practical and easy. The problem with weight gain is not the food but our eating habits. With commercialism and fast food restaurants it's not difficult to order take out rather than cook a homemade meal. Some of us also get up in the middle of the night for a midnight snack. These cravings inevitably lead to weight gain and obesity when prolonged and uncontrolled.

The diet's main source is a plant which makes it 100% natural and therefore safe. But its efficacy will depend on the individual's response to the diet. It will help control your cravings but it can also mask the fact that you're starving yourself. The diet is best used for maintenance. Dieters can use it when they want to ward off cravings any time of the day.

According to consumer testimonials it does work but not exactly the miracle pill it claims to be. With others it didn't do anything at all. The diet can also be expensive. Finding genuine products can also be a task since there are a lot of fake ones in the internet.

If you want a simple solution and don't mind doing research then you can try this diet. If you don't have the time to prepare meals or the willpower to control yourself this diet is suitable for you. By controlling your appetite you have less food intake and fewer fats to burn. It's also a much comfortable way of reducing your calorie intake. Dieters will not have to go through food binges after a strict weight loss program that pretty much puts all effort to waste.

By addressing the core of the problem, the diet is effective in its own way. When used properly with the original product it will be effective. Dieters usually lose a pound in three or four days. Sometimes it's not that all diets don't work, they just have different effects on other people.

43. Hoodia Diet: Eat Less Burn Less Fat

Although the internet seems to provide us with a wide array of choices not all of them are effective. Apart from the diet pills that don't work there are also hundreds of fake ones circulating online. Most of us forget that its not the food which is the problem but our eating habits. Unfortunately we can't just simply starve ourselves without any major consequences. Fortunately the hoodia diet pill provides us with that solution. By eating less, it's much easier to burn fats to loose weight fast.

We leave in the ear of commercialism, instant and junk foods. With every fast food restaurant conveniently placed in every block it's hard not to skip a homemade meal and just order take out. This is why weight gain has become more rampant and obesity has affected people of all ages. If eating is the problem then why not find a why to control it? Or better yet stop it?

What's the hype all about?

Hoodia diet pill is the newest popular weight supplement in the market. It has been proven to be a much faster way in loosing weight compared to other supplements.

Hoodia gordonni is a plant used by locals in treating infection and indigestion. In America it is famous for its contribution to a new way of loosing weight. The diet pill works by naturally suppressing a dieter's appetite. The individual will find himself or herself not thinking about food at all.

The pill releases chemical components which act on the satiety center of

the brain. The satiety center is located in the hypothalamus. When the chemical components take effect the hypothalamus sends a signal to the brain that it has consumed enough food.

This way the dieter will have less food intake with fewer fats to burn. With reduced calorie intake the dieter will loose weight much faster. Dieters don't have to prepare meals and follow strict regimen. It's a much easier way to loose weight than restraining yourself which often lead to a food binge in the end.

Dieters don't have to struggle with their willpower to eat their favorite snack. Unlike other drug supplements, this diet pill is not chemically formulated. Its main source is from a plant which makes it 100% natural and therefore safe. It does not contain other ingredients such as ephedrine, caffeine, ephedra and other stimulants. This makes the pill also free from unpleasant side effects due to these chemical components.

When 100% pure Hoodia is taken, it is guaranteed to work. Dieters will go through the rest of their day feeling full. It will also help them to control their late night cravings.

As stated throughout this ebook -- (Always remember to buy the original supplement). Due to its popularity there have been a lot of cheap imitations in the internet. Most of these do not contain 100% pure Hoodia. Make sure to read the label with a money back guarantee. Buy from manufactures who have certified documents called C.I.T.E.S and Analytical Report.

44. Hoodia Diet: Straight from the Horse's Mouth

Although it may seem that consumers have a lot of options; Why should I consider 'Hoodia'? The truth is most so-called diet pills do not work. There are also a million advertisements over the internet but most of them don't entirely state the facts. The newest popular diet pill to hit the market is the hoodia diet pills. But with all the hype that surrounds the product how do you know that it truly works. The key is reading hoodia diet user comments. They are usually listed in reply sections of sites, talked about in forums and blogs.

Diet works differently for every person. So if you want to be sure if the diet really works try it yourself. If you don't trust the internet ask around. Word of mouth is very reliable when the sources are credible.

The diet naturally suppresses your appetite by tricking your brain. It releases a chemical component which acts on the satiety center of the brain. The satiety center can be found in the hypothalamus. The hypothalamus in turn sends a signal to the brain that it is already full.

The diet pill makes you feel full by influencing your central nervous system. This way you will have less food intake and fewer calories to burn. It also enables individuals to control their cravings. This way they will not be tempted to eat a midnight snack. They won't be thinking of food at all for the rest of the day after taking the pill.

But like all the diets, it varies from one person to another. If you look at the user comments the diet works for some while it does not for others. Taking into consideration the popularity of the diet, it means that it has worked for most people.

It's much more convenient than preparing a portion sized meal. Dieters don't have to follow a strict regimen. It's a more comfortable way of reducing your carbohydrate intake without making you binge after. The main problem is not the food but our eating habits, so why not stop it?

Other testimonials circulating in the internet can also be misleading. Others are mere endorsements for the product to sustain the hype. Some of them might not even exist and just made up by the manufacturers. If your looking for reliable comments read the replies listed under the articles related to the supplement. You can also look it up at Yahoo wherein you can ask a question and other users will reply to you.

Look for forums and participate in comment threads. Along the way you will get different replies and weigh the pros and cons for yourself. While getting the opinion of other is useful you can try the product yourself. After finding all the information you need, you can male your own tests. Each individual's body is different from others. By taking the diet pills yourself, you can find out if the diet works for you not just for other people.

45. Hoodia Balance

* If you're looking for a strong appetite suppressant, Hoodia Balance is our top-rated choice. This highly potent pill offers 750 mg of authentic Hoodia -- is a very cost-effective solution around \$30 bucks a pop. Both the C.I.T.E.S. certificate and Analytical Report are easily accessible on the product website.

*Why is the C.I.T.E.S. certificate important? C.I.T.E.S. stands for Convention on International Trade in Endangered Species of Wild Fauna and Flora. Since the Hoodia cactus is a protected plant species, it can only be sold to an exporter who has this certificate. This is one way you can verify whether you're purchasing real Hoodia or a counterfeit.

*Hoodia Balance recommends taking 1 pill prior to each meal and

increasing if needed. As in all Hoodia products, some people realize positive effects nearly instantly; while in others it may take 2-3 weeks.

46. Unique Hoodia

*Unique Hoodia is another Hoodia gordonii vendor whose website highlights the many news stories and articles that have been done on their product. There are links to videos of stories that were broadcast on ABC, CBS and the BBC, as well as testimonials from satisfied clients and medical endorsements from doctors. In addition, Unique Hoodia has the C.I.T.E.S certificate that guarantees the product is genuine, as well as an Annex certificate from the USDA and a certificate of analysis guaranteeing the product is pure and fresh. You can be certain the product you are receiving from Unique Hoodia is genuine and not one of the many counterfeit products that are out there.

*Unique Hoodia advertises the same benefits as other Hoodia gordonii products; appetite suppression, increased metabolism, an increase in energy and weight loss. Unique Hoodia has the highest standard dosage of all the Hoodia products we reviewed with a whopping 1485mg per serving. There are no mixes, juices or flavored options with Unique Hoodia, just pure Hoodia in pill form. As with many of the other Hoodia products we reviewed, the cost varies greatly depending on how much you buy. Around \$54.95 a pop!

*Unique Hoodia has an additional ingredient called Bioperine which they claim increases the absorption of the active ingredients up to 30%. This helps deliver the appetite suppressing effects of the product even faster, allowing for immediate control over your food intake. Unique Hoodia is also a very safe product to use over the long term. According to Dr. Vijay Kumar Soni: "Unique Hoodia is a natural way to lose weight, and as it is a natural product, there are no side effects associated with its prolonged use. Unique

Hoodia does not contain any additives and you can rest assured that you are not consuming anything that may affect your health in the long run.”

47. Hoodia Gordonii Plus

*Hoodia Gordonii Plus takes the benefit of authentic Hoodia appetite suppressant and adds a special blend of ingredients to create a cutting edge supplement. Along with the benefits of Hoodia you'll also reap the rewards of an increased metabolism, added energy, and a fat burning booster.

*This unique blend of Hoodia comes with a C.I.T.E.S certificate and an Analytical Report. You can be confident that the Hoodia you're getting is authentic and safe.

*The "special blend", or "Plus" within the product, involves a combination of magnesium, Garcinia Cambogia, and Green Tea, which are widely known as offering several benefits to our physical health. These benefits include increased metabolism, added energy, fat burning, heart health, cholesterol control, and an antioxidant.

*Hoodia Gordonii Plus is a powerful blend of appetite suppressant, metabolism booster, and fat burning ingredients. If you want to cover all your bases, and give your body a variety of tools to help you lose weight, Hoodia Gordonii Plus is also an excellent choice.

*The Hoodia Gordonii Plus recommended dosage is 1 pill prior to each meal, and to increase as needed. Around \$40 bucka a pop!

48. Hoodia Formula

*Hoodia Formula is one of the more widely publicized hoodia products we have reviewed. This is highlighted on the Hoodia Formula website with links to stories that were broadcast on CBS's 60 Minutes, NBC's Today Show, ABC, CNN and one link to an article from Oprah Magazine. In addition, Hoodia formula has a C.I.T.E.S certificate which guarantees the product is genuine Hoodia from South Africa. This is important since it has been estimated that 50% of the Hoodia sold in American is fake.

*Unlike some of the other Hoodia products we reviewed, Hoodia Formula only offers one product, pure Hoodia gordonii in pill form. There are no shakes or flavored teas, just bottles of 1000mg tablets of pure Hoodia. The Hoodia Formula website claims they are the only company to offer 1000mg doses of Hoodia and from what we can see they are correct. Most of the other products had a standard dose of 750mg or less, although we did find one product with a higher standard dose. Dr. M Weimer from the National Institute of Health highly recommends this formula on the website, explaining "They put quality into their product. It is independent lab tested and approved South African Hoodia gordonii. They refuse to compromise by using "flowing agents" or anything but 100% pure and P57-rich Hoodia gordonii. Hoodia Formula tablets contain more usable Hoodia gordonii than every other US Hoodia product.

*There are many positive testimonials on the website with stories of customers losing weight and getting in shape successfully by using the Hoodia Formula supplement. For a 100% Hoodia product that will help suppress your appetite, speed up your metabolism, boost your energy and help you lose weight, Hoodia Formula is worth your consideration.

*The Hoodie Formula product is a little more expensive --one bottle around \$54.95 a pop.

49. Hoodia Chaser

*This grape flavored liquid version of Hoodia, called Hoodia Chaser, is cutting-edge among all Hoodia products. Due to the quick absorption of the liquid, the speed of the appetite effect is much faster than in pill form. In fact, if taken just 20 minutes before eating, this liquid form of Hoodia can add up to 90% benefit over similar dosage tablets. This is because tablets take longer to digest; if the tablet is consumed earlier, the benefits would be essentially the same.

*Unlike some of the other products, Hoodia Chase also contains Garcinia Cambogia and Green Tea for additional health and weight loss. Specific benefits include increased metabolism, fat burning and extra energy.

*The recommended serving size for Hoodia Chaser is 2 drops per meal. Because each person can react differently to Hoodia, you want to try multiple bottles in order to find the right dosage for you.

*Although we like the uniqueness of the Hoodia Chaser product, we have to question the ultimate convenience. We found it easier to simply swallow a tablet rather than mixing a couple drops of this solution into a drink before every meal. And at 400mg, the actual Hoodia dosage was less than some of our higher rated products - yet at a higher price.

*Hoodia Chaser delivers an effective 100% Hoodia product

*This product may appeal to you if you prefer a liquid option rather than tablets. Otherwise, there are more effective and more economical solutions available. Around \$49.95 a pop!

50. Hoodia Thin

*At 250mg per dose, the manufacture also claims a faster, more effective product due to the liquid absorbency rate compared to traditional pill forms.

*However, at almost \$60 per 250mg bottle, the cost for this product is comparatively more than the higher rated selections in our review. And while the liquid may be faster acting than other forms, we again question the ultimate convenience of this type of delivery.

*Following the manufacturer's recommendation, each bottle of Hoodi Thin can last from 2 to 4 weeks. This is because each person will react differently to the Hoodia extract. You have to purchase more bottles to see any results -- but as stated, each person is different.

*Although the Hoodia in Hoodi Thin is authentic, it is offered at a higher price and lower dosage than other products in our review. If you are interested in a liquid form of Hoodia, you would find better value in the higher-ranked Hoodia Chaser.

Final Thoughts:

Both products do live upto their claims. But, it also comes down to your life style and budget. It can get very expensive when trying to lose weight. In my opinion, you may have to buy in bulk to see any results -- you can lose a few ponuds in a week, 2 weeks or longer -- each person different. If you have a busy life style, then 'Atkins Diet' may not be for you (meals have to be prepared precisely to each ingredients). The Hoodia Diet maybe the way to go!

If you love to cook and don't mind preparing meals -- then 'Atkins Diet' is the way to go! The Hoodia Diet is more of a convenient.

Good Luck on Your Journey to Better Health and Losing the Weight You So Desire.