

Download Lose Weight With The Atkins And Low Carb Diet Plans A Beginners Guide To T

When Samantha Dalby emailed us last month, she was frustrated and confused. The 50-year-old nurse practitioner from Ontario, Canada, had been eating a low-carb diet for more than five years. Originally she had done very well on it, keeping her weight at a healthy and stable 152 lbs (69 kg) on her 5'7" (174 cm) frame.¹ Choose a low-carb diet. If you want to lose weight you should start by avoiding sugar and starch (like bread, pasta and potatoes). This is an old idea: For 150 years or more there have been a huge number of weight-loss diets based on eating fewer carbs. What's new is that dozens of modern scientific studies have proven that, yes, low carb is the most effective way to lose weight. During the second half of the first month on a low-carb diet, your body will usually begin to settle into a pattern of weight loss. The rate at which you lose weight will depend on many factors, the most prominent of which is how much weight you have to lose. It is a situation that most people on a low-carb diet can identify with: after a period of progressive weight loss, you suddenly hit a plateau and find yourself no longer losing shedding the pounds like you used to. Alternately, you may be on a maintenance diet and, upon stepping on the bathroom scale, find that you've shot up a couple of pounds. - Lose Weight With The Atkins And Low Carb Diet Plans A Beginners Guide To T