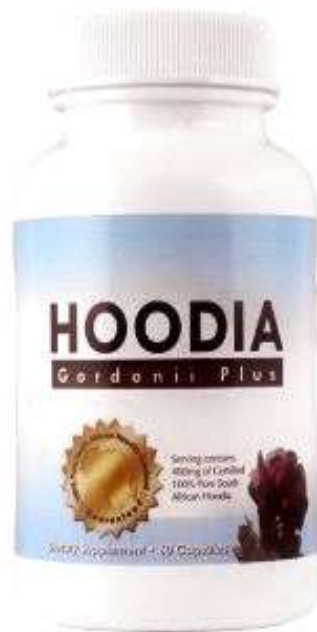


**A Easy Healthy Diet Way to Lose Weight the Top Brands ~  
Who Should You Trust ~ Hoodia Diet vs Atkins Diet Do They  
Live Upto the Hype.**



**VS**



**by Terry Clark**

**(NOW FOR THE LEGAL STUFF DISCLAIMER)** All Rights Reserved. This guide may not be reproduced or transmitted in any form without the written permission of the author. Every effort has been made to make this guide as complete and accurate as possible. Although the author has prepared this guide with the greatest of care, and have made every effort to ensure the accuracy, we assume no responsibility or liability for errors, inaccuracies or omissions. Always check with your doctor to make sure you are healthy enough to start any diet plan -- It's just that simple.

## **Table of Content**

### CHAPTER 1. All About Atkins Diet

1. Atkins Diet
2. Atkins Is Hardly the 'Rich Man's Diet'
3. Atkins and Appetite Suppression
4. Atkins and Diabetes

5. Atkins and Exercise
6. Atkins and Intestinal Problems
7. Atkins and Ketosis
8. Atkins and Sugar Cravings
9. Atkins and Unprocessed Foods
10. Atkins cost saving tips
11. Atkins Criticism
12. Atkins Diet Basics
13. Atkins Diet Foods
14. Atkins Induction
15. Atkins Induction Rules
16. Atkins Maintenance
17. Atkins OWL Phase
18. Atkins Pre Maintenance Phase
19. Atkins Shopping Tips
20. Atkins Snack Choices
21. Carbohydrate Cravings and the Atkins diet
22. Carbohydrate Substitutes for the Atkins diet
23. Common mistakes of Atkins dieters
24. Crushing Carbs Without Atkins
25. Is Atkins right for you
26. Low-Glycemic Trend Is Old Hat to Atkins Followers
27. Overcoming plateaus on the Atkins diet
28. Planning for Atkins
29. Pros and cons of the Atkins diet

## CHAPTER 2. All About Hoodia Diet

30. A Brief Thought on Hoodia

31. HoodiThin: Get Thin with the Real Thing

32. Hoodia Diet: Which is the Best?

33. Dessert Burn Real Hoodia for Real Results

34. Hoodia Max: Real or Cheap Imitation?

35. Can You Grow Hoodia at Home?

36. Hoodia: The Herbal Natural Remedy for Weight Loss

37. Hoodia 750 Review

38. Hoodia Gordonii – Should You Take It?

39. Hoodia Gordonii Can Give You Better Weight

40. Hoodia Gordonii Can Solve Your Weight Problem

41. Hoodia Prime Is Helping Me Battle My Weight Loss

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

43. Hoodia Diet: Eat Less Burn Less Fat

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

45. Hoodia Balance

46. Unique Hoodia

47. Hoodia Gordonii Plus

48. Hoodia Formula

49. Hoodia Chaser

50. Hoodia Thin

Final Thoughts

## 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.

## Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

