

# Are Low Carb Diets Good or Bad for Weight Loss Success?

Everybody has heard of "low carb" diets -- since they are emerging as the newest trend in dieting.

But do they really work? ...And if so, are they the solution to weight loss that everybody is looking for?

We don't think so, because most low carb diets have several problems which make losing weight very difficult for the "average" dieter.

For example, if you follow the Atkins diet (a popular low carb program) then the restriction on carbs for the first couple weeks is very severe (by almost any standards).

The Atkins program allows just 20 grams of "net carbs" per day during the first phase of the diet (which usually lasts for 2 weeks).

Just to give you an idea of how few carbs that really is -- even a large apple has more than 20 grams of "net carbs".

This low level of carbs is often too severe for the "average" dieter to tolerate for 2 weeks straight, and in fact eating such a low level of carbs can make a person feel "weak" and "miserable" all day long (because your body needs more carbs than that for energy).

Other low carb diets (such as the South Beach Diet) are not quite as severe as the Atkins Plan, but in our opinion even the South Beach Diet is not as easy to follow as it could be.

We believe that a successful diet needs to be easy to follow -- because that's the only way that people will stick to the diet and lose weight.

We believe that diets should not make average people feel "miserable" and "weak" all day long, because if a diet makes people feel miserable and weak then it's going to be very difficult for average dieters to adhere to such programs.

We're not saying that all low carb diets are as restrictive as the Atkins Diet is, but we're saying that most low carb diets are so hard to follow that "average dieters" will probably wind up feeling hungry and weak all day long (which is not

a good thing for dieting success in our opinion).

We believe that "low carbs" is not the answer to losing weight, since your body needs a reasonable amount of all 3 types of calories to lose weight consistently (protein, carbs, and fat).

The truth is that your body needs a reasonable amount of protein, carbs and fat calories too.

To lose weight quickly you must eat all 3 types of calories in the right proportions, and that's why most dieters fail. They fail because nobody knows what the right proportions of calories should be.

To begin losing weight fast we recommend using the new **Idiot Proof Diet** shown below -- since there are no specific "portion limits" at any meal (and dieters can eat as much as they need to at each meal). Also, unlimited amounts of certain condiments can be eaten with every meal.