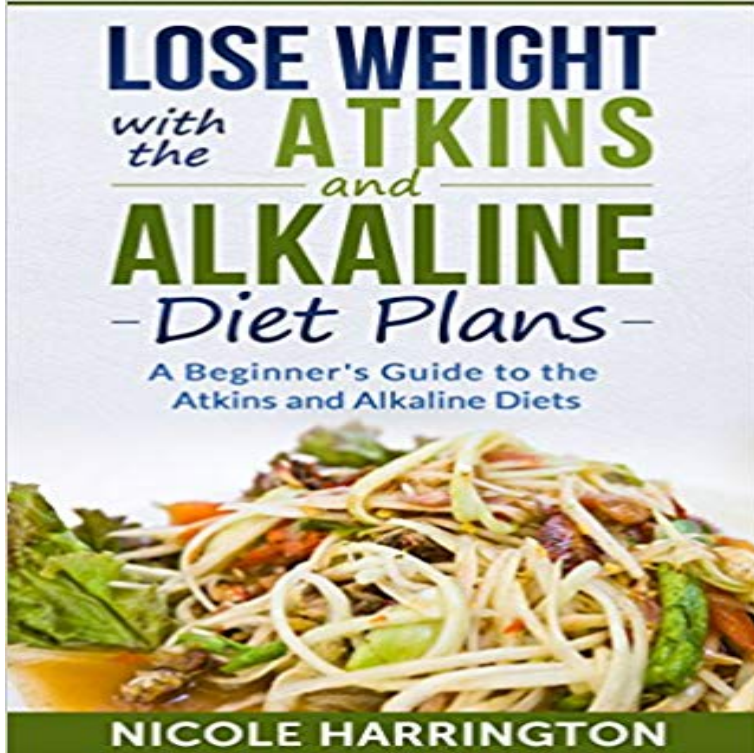


## Lose Weight with the Atkins and Alkaline Diet Plans: A Beginners Guide to the Atkins and Alkaline Diets (2 Book Collection)



Get Fit and Blast Fat on the Atkins and Alkaline Diet Plans For the first time, two books, Alkaline Diet for Beginners and Atkins Diet by Nicole Harrington, are being offered in one collection. Discover how both of these great diets can help you obtain your goal weight and gain a better and healthier life. Description from Atkins Diet by Nicole Harrington The Atkins Diet is based on the basic idea that excessive carbohydrate consumption, especially starches and simple sugars can lead to weight gain. Consequently, Dr. Atkins advocated the consumption of excess fats and proteins as well as the daily consumption of nutrients through vitamins and mineral supplements. This diet also attempts to minimize the production of insulin while inducing the state of ketosis just like other ketogenic diets. Basically, when there is a high amount of glucose in the bloodstream because of excessive consumption of carbohydrate-containing foods, the human body produces insulin that helps to get rid of excess glucose in the bloodstream and then store the same in the muscle tissues and liver as glycogen. It also stores it as fat in adipose tissues (fat cells). Basically, there are four different phases of the Atkins Diet structured to assist dieters learn healthier ways of achieving the best weight loss results. These phases include:

1. The Induction Phase Created to help the human body break down its carbohydrate addiction;
2. The Ongoing Weight Loss (OWL) Phase This is intended to slow down weight loss so as to create the foundation for the management of permanent weight loss;
3. Pre-maintenance Phase This is where dieters prepare as well as acquaint themselves with the appropriate eating habits required to maintain their desired goal weight;
4. Lifetime Maintenance Phase This phase starts once the dieters have achieved their ideal healthy weight loss target. This Atkins diet overview basically teaches dieters the best

strategies to cope with their daily lives. For instance, how to go about eating anywhere like in a restaurant. Description from Alkaline Diet for Beginners by Nicole Harrington In recent years, one diet plan has been gaining a steady stream of popularity and renown: the Alkaline diet. What the diet purports to do sounds wonderful: it helps you lose weight, it can increase your overall energy. It also has laid claim to being able to lessen ones anxiety, eliminate headaches, and even combat the common cold and flu. These type of claims are easy to make, but does the Alkaline diet live up to its tremendous hype, can it really do what it claims it does? Alkaline Diet for Beginners explains the science behind the diet in a way that is easily accessible to beginners. You will understand not only what you can and cannot eat on the Alkaline diet, but also how your body benefits from maintaining an optimal pH level. The Alkaline diet is more than just a weight loss plan; it is a whole body solution that can have a tremendous impact on your health and well-being. Discover how the Alkaline diet can truly help your lose weight, blast fat, and take control of your life. Get healthy and happy by following this clear and concise step-by-step guide. The Alkaline diet - your journey to weight loss and better health begins here!

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