

Review of The South Beach Diet

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Sunday, 08 January 2012 10:17 - Last Updated Sunday, 08 January 2012 10:42



Usually diet come around the new year. For 2012 one of the most interesting diets highly rated is the South Beach Diet. The South Beach Diet is a diet plan designed by cardiologist Arthur Agatston and dietician Marie Almon as an alternative to low-fat approaches. Arthur the South Beach Diet is self-described as "neither low-fat nor low-carb," but rather a method that teaches followers to rely on carbs and the "right" fats. The plan first gained fame in Miami, when chronically-overweight heart patients of cardiologist Arthur Agatston, M.D., experienced huge weight-loss success following his diet plan. In this world where weight is becoming a general issue, Jan 2012 would not be a bad wat to loose some of the excess pounds gained over the Christmas Holidays.

The first phase is the strictest and lasts only two weeks. During this time, Agatston promises you'll lose eight to 13 pounds, largely because you're cutting out processed carbohydrates. The South Beach diet begins very similarly to Atkins Diet, another diet plan based on Carbs - with a 2 week initiation phase that radically restricts carbohydrates. In the second phase, you'll reintroduce healthy carbohydrates to your diet, and although you'll continue to lose weight, you'll slow to one to two pounds a week.