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THE **REAL** REASON THE FRENCH STAY THIN

2 Steps to Lose the Weight



THE
DUKAN
DIET



2 Steps to Keep It Off Forever

NEVER
FEEL
HUNGRY
AGAIN!

Dr. Pierre Dukan

CREATOR OF THE INTERNATIONAL BESTSELLING DIET

Pierre Dukan

The Dukan Diet: 2 Steps to Lose the Weight, 2 Steps to Keep It Off Forever



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Devised by Dr. The Dukan Diet plan may be the perfect diet for people who want quick weight loss, that can be maintained without counting calorie consumption or weighing portions. Originally published in 2000, the Dukan Diet swept throughout France, championed by people who effectively lost weight after its unique four phase regime. The Dukan Diet plan has helped hundreds of thousands in France, where it offers been number one for more than a decade and adopted in 20 countries, including the United Kingdom, Poland, Korea and Brazil. The Diet: 4 Easy Steps to Permanent Excess weight Loss Phase one: Attack Using Dr. All together, The Dukan Diet plan has sold more than 3 million copies worldwide. Dukan's True Pounds calculator, dieters determine a reasonable and healthy weight reduction goal. They begin the Dukan Strike phase a two-to-seven-day period where only unlimited lean proteins and a daily Oat bran galette (or pancake) are consumed and dramatic excess weight loss is achieved. Dieters are also allowed two every week celebration meals to stave off boredom. Phase Four: Stabilization This is the maintenance portion of the plan, where followers are allowed to eat whatever they like without regaining weight--provided that they follow 3 unbreakable rules including eating just unlimited lean protein one set day weekly. At this stage the dietary plan allows unlimited protein and vegetables, and other foods (such as cheese and breads) are reintroduced. Phase Two: Cruise Dieters alternate days of unlimited lean protein with days of protein combined with healthful vegetables until they reach their True Fat. Phase Three: Consolidation Dieters stick to this phase for 5 days for every pound lost. For each phase, The Dukan Diet offers very clear simple guidelines for long term success. Pierre Dukan, a French medical doctor who provides spent his profession helping people to lose fat, the Dukan Diet rejects counting calories and promises permanent fat loss while enabling adherents to eat as much as they like.



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Advantages and disadvantages of Dukan (quoted from my book Maimonides and Metabolism) Equivalent to Atkins, Dukan promotes a very-low-carb diet plan. And much like Atkins, there are four phases: induction, ongoing pounds loss, pre-maintenance, and life time maintenance (even though Dukan gives different names to these phases).e.” For the advantage of Amazon customers, I highlight what is new and various about Dukan. It is known that high-protein diet plans raise BUN levels. A longer-term perspective I want to give a longer-term perspective on this diet plan. Zero caloric carbs. Unlike Atkins, Dukan: (1) severely restricts fats and (2) contains 1.5 tablespoons of oat-bran fiber. Dr. Dukan also stresses the importance of drinking enough drinking water (at least 1. Omega-3 can be an essential fat required to include in the diet, and certain vitamin supplements require fat molecules to end up being absorbed. It seems to support a low-carb diet plan as long-term alternative (I haven’t read it yet, but it’s on my wish list). Average length two to half a year. Oat-bran fiber is increased to 2 tablespoons daily. It provides writing in it and also the receipt from where somebody got it a Barnes and noble with their credit cards!Phase 3: Pre-Maintenance (Consolidation). I usually stick to the diet for some weeks before my annual physical. Oat-bran dietary fiber remains at 2 tablespoons. After the body is familiar with Dukan’s pure-protein assault, adding in necessary foods, such as vegetables, may be used by the body to halt fat loss. I went on the diet again and got right down to 210 and once again stayed between 208 and 212 for some time. Two portions of starchy food (grains, legumes, or potatoes) are allowed per week. During the first fifty percent of the consolidation period (five days for every pound lost), one may have one unrestricted food per week—consuming any food one wishes, without overeating. And through the second half, one may have two “celebratory” meals/week.Phase 4: Life time Maintenance (Stabilization). In all the phases, Dukan stresses the importance of daily exercise. Most of my vitals come in great.Notes:A person who thoroughly follows the Dukan instructions in the 1st two phases can get dramatic short-term results. One day per week of attack/pure-protein diet plan (Thursdays). I have come to believe that this is the only choice for me never to weigh 400 pounds in the future. Length is continual.8 pounds- 9/14/2014 (about a year-and-a-half after closing phase 2), We weighed 211. Afterward more intense exercise is appropriate.Benefits:1. Lipid-phobia. The Dukan Assault phase is the fastest way to lose fat while maintaining muscle! It is quicker than Atkins because rather than burning ingested fats, your body is pressured to burn body fat for energy.2. Dr. Among my biggest issues with Atkins may be the insufficient fiber. This basic division instantly doubles the body’s capacity to make and store unwanted fat.... Heck, sometimes it worked! Obtain the book in case you are interested and want to follow the dietary plan and obtain slimmer.Reducing fat molecules to a minimum helps speed fat loss, but there’s no reason to go overboard by creating a fear of one of the 3 macronutrients. For many individuals this makes the difference between your impossible and the possible. The thought of permanently having 1 day per week of restricted carbs can be genius (extreme restriction from fats on that time I believe is unnecessary), because it reduces one’s glycogen reserves, insuring insulin sensitivity and keeping one from storing fat so long as those reserves don’t get chock-full.Cons:1. For people who can handle getting sufficient fibers in real meals, that approach is recommended to supplementation because it allows usage of the many micronutrients and bioactive substances contained in high-fiber foods.4.2. Phase 2 is fairly difficult to stick to. Many people might need a milder/slower approach. real results This diet really works and you are never hungry. Legumes have become healthy, and saturated in fiber, protein, vitamin supplements, and nutrients. To totally abstain from them in phase 2, and restrict in stage 3 to two portions weekly, is too restrictive, in my opinion. Calories from vegetables

decreases the short-term fat-reduction, but their benefits pay off in the long run, as vitamin supplements A and D (plus calcium) help reduce fat-cell figures and improve leptin stability. I almost ended up in the hospital with extremely impacted colon. Without a way to increase leptin and improve leptin sensitivity, fat loss is extremely limited for many people. Six out of a week are "unrestricted," while keeping to the good habits you have obtained. Said it was fresh. Dukan writes (pg. Losing weight decreases leptin, which weakens the immune system. Maimonides and Metabolism equips you with the data of your opponent (your body). Sometimes I go higher. Dr. Dukan admits that many people who attempted his methods "manage to continue for a while but then lose their way, plus some of the fat they lost dates back on." (pg. 268) He also recognizes that with many people "resistance sets in, weight loss slows down, and one day your body resists a little more than on other days and weight loss comes to a halt" (pg. 290) The Dukan answer: "I prescribe what I contact a 'blitz operation'... four times of the Attack diet plan's pure proteins without any deviation, restricting salt, etc...." (pg. 291) This option reminds me of how exactly we used to fix it when we were kids. I've lost 6 pounds in the last 10 times on the dietary plan and this period I am going to stay with it. If that didn't function, we'd smack it again. If necessary, we'd smack it harder.

3. Healthy adults possess between 25 and 30 billion unwanted fat cells, which contain about twenty to twenty-five pounds of excess fat. Dr. Like charging into a slingshot, the quicker one hits it, the faster one bounces in the opposite direction. Having two slices of whole-wheat breads, fruit and vegetables every day was heavenly. The attack/pure-protein diet is decreased to only one day weekly (Thursdays) instead of almost every other day.

Criticisms: 1. Fast! Fat cell number blooper. Dukan writes: "Lipids (fats) are the total enemy of anyone trying to be thin... Since Atkins appeared, starting the way for lipids by demonizing carbohydrates... cholesterol and triglyceride levels rise dangerously, some individuals paying for this with their lives." (pg. There were some intervals where my pounds would bounce up a little for two days and I would get concerned and frustrated, but I trapped with it and it would drop once again and keep dropping. I possibly could eat legumes (like chili) or whole-wheat pasta once or twice weekly and a celebration meal (anything I'd like, normal portions) once a week. I was pleasantly surprised to discover that I did not really.

Discover also the meta-analyses in Maimonides and Metabolism. Very-low-carb diets that are fueled mainly by proteins and lipids help lower insulin and glucose levels, a very important advantage for diabetics and prediabetics.

5 liters/d). Unlike the Atkins maintenance phase that maintains carbs below 10 percent, with Dukan you aren't so restrained for six times of the week.

2. Dr. It's safer to move with a far more conservative approach. 109): "The high-risk period for regaining weight lasts about five times for every pound lost, thirty days or a month for six to seven pounds, and 100 days for a lack of 18-20 pounds. The common size (weight) of an adult fat cell is about 0. I was by no means hungry. I first began the diet on December 16, 2012.

9 micrograms. When a person puts in fat, initially that stretches the fat cells without changing the number, but as time goes on, if the added fat mass continues to be, your body adapts by gradually adding more body fat cells. I dropped and am keeping off 30 pounds! This woman could have a dramatic decrease in circulating leptin, as her unwanted fat mass offers been cut in two. Even though the idea of FAST weight-reduction is appealing, too often it models up an easy rebound. Dukan writes (pgs. 227-28): "It is definitely important to pinpoint simply and concretely the moment in their weight background when there is certainly this threat of cell division.... Doing on the web research (like any other health topic) brings up results on both sides. As of this critical moment, any extra fat gain triggers a fresh and exceptional event, totally changing the near future and prognosis for

being overweight. No longer able to contain any more fats the adipocyte cell DIVIDES into two smaller adipocyte cells. Dukan solves that by stressing the need for including a couple tablespoons of oat-bran fiber. When I follow it for brief intervals, the weight comes off once again and I feel far better after a couple of days on it. A waste A waste of money and time Much less described! Oversimplification of time had a need to adapt to fresh lower body weight. Dietary fiber.Dr. When fat mass increases, the fat cells stretch like balloons to contain it."There are more factors that influence the length of the high-risk period, such as how long the individual was overweight. If a person recently put on twenty pounds, the chance amount of regaining it once they've gotten rid of it is short compared to a person who has been living for several years with the excess twenty pounds, as his or her body offers accustomed itself to the higher weight with a corresponding number of extra fat cells. The individual who has been overweight for years includes a higher homeostatic fat level, which their body is definitely naturally set to. Dukan recommends taking chilly showers, sucking on ice, and eating a single's food cold (web pages 229-33). For a 130-pound woman who dropped weight to 110, the loss of twenty pounds of fat (i actually. And like Atkins, his diet is so popular, that it's impossible to disregard it, or consider it only "fad. After two months on phase 3, I was so certain that I could live like this forever, that I gave away most of my fat clothes.What sort of Dukan Diet explains fat cell increase leads to a seriously mistaken perception: that a person can put on fat up to a 28 BMI without adding fat cells, and if indeed they continue to put on more fat, somewhere between 28 and 29 BMI their 25 billion fat cells suddenly all simultaneously divide in two, yielding a total of 50 billion fat cells instantaneously! This man won't experience a significant reduction in leptin, because his fat mass only reduced by 5 percent.4. Desperate and dangerous...Dr.Another influencing aspect is the percentage of extra fat mass lost. These methods will burn calorie consumption, but there exists a risk of getting ill. Dukan is certainly of the opinion that a lot of people want (and be successful better with) detailed diet plan instructions and a rigid plan, as opposed to being shown principles of physiology enabling each individual to make changes because of their personal circumstances. Combining extreme dieting with chilly showers may drive people beyond their limits. Average length is five days. I am writing this in October, 2016.2 micrograms to 0. I only managed to get through 4 times of the Attack stage before I nearly had to go to the hospital because of how bad I felt! There have been some questions not really answered plus some misinformation, and conflicting details. I started during the holiday season so before I visited Christmas parties at the job or with friends, I'd stuff myself as complete as I really could with the recommended foods.6 micrograms, but they can vary in size from 0. Although I craved some foods (like pizza), I found that easily ate a lot of the foods allowed in the diet, my cravings were under control. This helped me to get through the party without cheating, and I still dropped weight the very next day. 18)Make reference to the studies in Maimonides and Metabolism, and you will see that Dr.I finished phase 2 on March 10, 2013. There is a lot which can be eaten on that phase and I think it could be sustainable. On March 11, 2013, I weighed 188 pounds and was feeling fantastic.6Over period, it was harder for me personally to adhere to the dietary plan and I have obviously been eating more of the junk I really like. cholesterol and triglyceride levels drop considerably on the Atkins very-low-carb diet, despite ingesting even more lipids. I enjoyed stage 3! That's another reason to include high-fiber vegetables in the first phases every day. Dukan is wrong;; 50 percent of her total excess fat mass) will take a lot longer to acclimate to when compared to a 600-pound obese guy, whose twenty-pound loss constitutes less than only 5 percent of his total fat mass.I kept track of my weight for much (but

not all) of my time since then. Here are a few examples:- 9/10/2013 (six months on phase 3), I weighed 189.4 pounds- 1/2/2014 (following the holidays), I weighed 198.6 pounds- 3/10/2014 (a year after ending phase 2), I weighed 200. During the 1st two phases keep carefully the exercises light, such as for example walking, as the diet itself is quite taxing. I was anxious to move to phase 3 because I believed I might gain back some pounds. I drank more drinking water than was indicated - I ate the bran cakes as indicated. With the deeper understanding of your physiology and how your hormones function, you will know how to adapt your diet to any circumstance. On Jan 1, 2015 (after the vacations), I weighed 219.6 pounds. Two slices of whole wheat grains bread, one little bit of fruit, and one part of cheese are allowed every day. Had a horrible headache every day for 4 times directly. 2 pounds and also have started the diet again. Although I haven't kept the weight off like I had hoped, I am still extremely glad that I understand how to follow the dietary plan." "I could work out statistics that enabled me personally to pinpoint this second as being after BMI 28 provides been reached and heading toward BMI 29. I did so lose 7 lbs in 4 times, but I could honestly say that is one diet that is NOT for me. I had lost, on average, just a little over 2 pounds per week. Phase 4 is not sustainable for me. Many comments say that the diet seems unhealthy. I have acquired multiple medical check-ups while living the diet. I had one for life insurance when i lost weight (I got a cheaper rate). Size five days for every pound lost (somebody who dropped twenty pounds in the 1st two phases can do this phase for just one hundred days). When I'm on the dietary plan, my blood circulation pressure and cholesterol are less than they have been around in years. My cholesterol is at the bottom level of the number they call healthy. My pulse is so low (near the bottom of the healthful range) that the nurse once stated I must be a runner, but I'm not. Oat-bran fibers is risen to 3 tablespoons. The one measurement that is slightly beyond normal levels is Bloodstream Urea Nitrogen (BUN). This is a reading for how well your kidneys are doing. The following is quoted from my book Maimonides and Metabolism"Stage 1: Induction (Assault). I was so weak, didnt want to consume anything, nearly threw up each time I did so eat anything." "If the excess weight gain continues, the adipocytes hypertrophy, or enlarge, and reach the limit of their elasticity. Some state it's bad for you, others state it isn't a issue. We'd smack it. I also intend to read "Good Calories, Bad Calories: Body fat, Carbs, and the Controversial Research of Diet and Wellness".Phase 2: Ongoing Fat Loss (Cruise). Take the stairs (not really the elevator). The diet works for me personally. The dietary plan works! That clarifies why a typical person who has been overweight for years can possess 50 to 75 billion unwanted fat cells, to support their twenty to sixty pounds of fat (beyond the twenty to twenty-five pounds of healthy fat mass). Great diet! I felt awful! I weighed 218 pounds (I'm a 5'10" man). Mine have been slightly greater than the recommended range, but my doctor has not brought it up as something to be concerned about. Recently, on Oct 2, 2016, I weighed in at 222. My advice is to never leave phase 3. Good explanations We was interested in this diet and was studying it by browsing through internet websites and blogs. I followed the dietary plan very strictly without cheating. I acquired the book and today I understand it. Balanced and Feasible. I lost 6 pounds in attack stage and simply started the cruise phase a week ago -lost another pound:) Constipation during Attack Phase is brutal ! As with all diets, Dukan fails to address the problem that fat-mass decrease leads to a reduction in leptin. I stayed roughly between 208 and 212 pounds for much of the time since then. After five times on the Attack Stage, I went on to the next phase, but cannot go to the bathroom for pretty much another week, so almost two weeks total. Just a warning, in case you are susceptible to constipation - DON'T DO THIS

DIET.3. Deliciously easy to lose excess weight It works !!! Lost 14kg in 6 weeks and were able to keep it off!"3. Many people desire a fast option to weight problems, and as Dukan delivers on this much better than any various other diet, it is no wonder he marketed 20 million copies, and his book quickly became the most famous diet book ever. Clearly used This book was described as new. Nonstarchy vegetables are added, alternating between a day of unrestricted (nonstarchy) vegetables, and a day of only protein (like during the attack phase), with zero carbs (no veggies).



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