

Value Claim On Carbohydrates Consumption

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Introduction

For low-weight nutrition, Atkins, an American physician and cardiologist, provided a [diet plan](#) that was supposed to be less in carbohydrates and heavy in ensuring the health of an individual. During the initial stages, the said approach gained widespread popularity. However, various experts and magazines analyzed it, which proved that his proposal was wrong and not suitable for health in general. (Kossoff). The proof of the analysis came true when the doctor himself was arrested by a cardiac attack and died instantly, which he detached from the cause of his nutritional plan. Similarly, his idea divided the nation, which claimed that food that relies on fat and protein would disturb the balance of the body. Other than these lapses, it contains expensive food material that would be difficult for common people to manage for a long period. Accepting such types of heavy food is not possible as it increases cholesterol in the body, and it is against the decade-long bits of advice of the doctors given to those patients having high chances of cardiac arrest.

Discussion

Other than heart attacks, researchers found that an increase in calories would have a higher chance of risk for health. Whether it originates from fat, carbohydrates, or vitamins, these excess calories are burdens and pressure on the individual mind and organs of the body. (Dansinger) The structure of the body system could not get accurate balance, and the diseases would not be restrained from attacking. In the same way, as propounded by this writer himself, those who are following the diet plan will have to exercise their kidney hard to digest the proteins and to take energy. The harmful effects on the kidney would be very much as high consumption of food and over pressurized material given to it (Atkin). These might also involve severe pain and injuries consequently. The study also finds out that those who are continuously following the diet have high cholesterol and fats, which are harmful to the body. People got sick after extended use of the food projected by the writer for weight loss. According to the research reports, it is not possible to continue such types of practices for an extended period.

After thorough comparison between those who are on dieting, and those who are not studies concluded that no weight loss had been seen between them (Astrup). The same weight of both parties qualifies that the approach of the writer towards the light and the active body does not serve the purpose. Most concerned people, like specialists in fetal health, are worried that those who are mothers-to-be and following the advice of the writer's plan of weight loss are putting their babies at high risk. The child has fewer chances of getting the necessary nutrients while in the womb of the

female. A child might also face issues like heart disease, insulin dependent, and strokes.

Food that contains rich material of protein might attack our kidneys and liver. Most people have mild problems with organs that have not been detected so far. The quality proteins must contain a significant amount of water to keep the body in balance (Kossoff). The biggest problem is that most of the people who are using techniques to lose weight are obese people. These ill-health people frequently use unprotected habits to get safe from the issue of diabetes, which slowly and gradually causes damage to their kidneys, and the high number of protein could be enough to speed up the loss. These are not only dangers to these types of dieters, but they could also lead to the destruction of bony tissues, which would resultantly weaken the bones. To avoid such kind of lapses inside the body, it is impossible to continue with some additional practices that are meant to arrange body weight healthily. Moreover, to fight against the wealth of diseases from heart to cancer, it is important to include vegetables as a vital part of daily food used by everyone.

Despite all the issues with the program, given by the writer to place the body under a healthy weight, sure are the benefits to diagnose some diseases and the things attached to the ill health body. For example, those adults who are overtaken by the condition of epilepsy could benefit through therapeutic measurements, which also include ketogenic diets. In the same way, a modified Atkins diet is also useful and is less strict in practice. People who do not follow the writer's way of losing weight have particular arguments, but those who are following are of the view that continuous effort could only bring the result. You cannot lose weight unless you go through lifelong exercises and a regular diet, which will make you young and energetic. In his book, the writer explains that one will lay complete work for the prevention of diseases if he/she has followed my pieces of advice. Life would be straightforward, and it would be full of energy and health. (Atkins)

Conclusion

For fewer carbohydrates, the approach of the writer is unable to serve the purpose. Dieters will have to be very careful in choosing his phenomena of lessening the weight. Moreover, it is interesting to note that the low initial weight comes from already stored sugars and water. In doing so, the dieter might have problems with the digestive system, kidney and liver diseases and other related issues. His program has made millions for him by selling out not only the book he wrote but also those supplements that are designed for manufacturing his eating program. For the loss of weight, this cannot be possible as it might cause severe pain to the individual's body. It is better not to practice his advice as it could lead to an unrepairable loss of health.

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