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 low in carbohydrates and focused heavily on ensuring the health of an individual. During the initial stages, the said approach gained widespread popularity. However, various experts and magazines analyzed it and concluded 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 decades-long advice of 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 to health. Whether they originate from fat, carbohydrates, or vitamins, these excess calories are burdens and put pressure on the individual mind and organs of the body. (Dansinger) The structure of the body system could not get an 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 make their kidneys work hard to digest the proteins and to take energy. The harmful effects on the kidneys would be very high because of the high consumption of food and the overpressurized material given to them (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 a thorough comparison between those who are 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 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 dependence, and strokes.

Food that is rich in protein might attack our kidneys and liver. Most people have mild problems with organs that have not been detected so far. 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 protect themselves from diabetes, which slowly and gradually causes damage to their kidneys, and the high amount 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 kinds 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 disease to cancer, it is important to include vegetables as a vital part of the daily food used by everyone.

Despite all the issues with the program given by the writer to place the body under a healthy weight, there are some benefits in diagnosing some diseases and the things attached to an unhealthy 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 it 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 do 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 method of lessening 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 irreparable loss of health.

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