want to maintain their weight and people wanting to eat healthily.

So far this diet does not seem to suggest anything too radical and if the diet can deliver the results it professes to be able to, the GI diet may not be as faddish as some of the other diets and actually have some merit.

Then of course there is the Atkins diet which was developed in the early '70s by the Robert C. Atkins, M.D. and where people have claimed that one can shed unwanted pounds quickly and easily while still being able to tuck into 'fry-ups'. However, there are also those who have tried the diet and given up stating that they felt ill and hungry throughout the diet. I have to admit the report that the founder of this diet was overweight when he died is not an altogether confidence building piece of information.

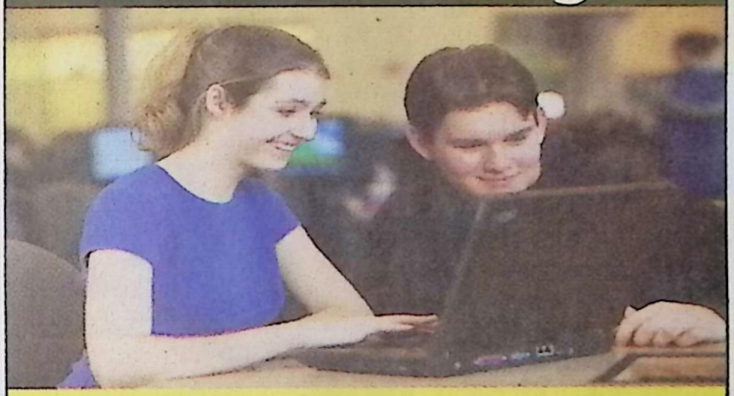
Atkins' theory is that the way our body processes the carbohydrates we eat -- not how much fat we eat is what causes us to gain weight. By lowering our carbohydrate input, and eating high protein food, our body should enter a state of Ketosis. This is where our body burns fat as fuel. The diet has a strict regime that needs to be adhered to. The Atkins Diet is more suited for people who like to eat a lot of meat, as it forms a big part of the 'acceptable' diet, while in the first few weeks, pasta, and even certain vegetables and other carbohydrate-rich foods are banned. The downside to this diet is bad breath and headaches. So far, from what I have gathered, this would definitely not be the diet for me!

Now if you want a quick fix there is always the Cabbage Soup Diet which is supposed to be for those people who only have a few pounds to lose. Unlike most other dietary programmes, it does not encourage a long-term change in the way you eat, as it is more a way of shifting surplus pounds in the short term. Many people go on the Cabbage Soup Diet in the week leading up to a big event where they want to that little bit slimmer. The programme lasts for seven days (and must not be exceeded) which for many is an achievable goal especially if they do not have a huge amount of weight to lose.

Basically, you eat as much cabbage soup as you want for a week, plus a very limited amount of other foods. To stay on the programme for longer than a week is counter-productive and can affect your health and energy levels. To me it sounds like misery on a plate.

Nothing in what I have read so far has persuaded me to relent in my cynicism about fad dieting. I think I might just have to stick to the tried and tested method and just maintain a balanced diet and throw in a bit of exercise for good measure. It sure beats cabbage soup and bad breath!

OE4U
TUTORIAL
High Profile tuition provider for
O&A LEVEL
Admission on Progress



Exlusive package for O' Level (Edexcel) students

Type	Subjects	Duration	Fees (Tk)
Subject wise	Each subject	Till Exam on May,08	8,000
Group Wise	Six subjects	Monthly	10,000

Subjects available :

- ☐ English Language
- ☐ Bangla
- ☐ Accounting
- ☐ Commerce
- ☐ Economics
- ☐ Math-B
- ☐ Pure Math
- ☐ Physics
- ☐ Chemistry
- ☐ Biology

OE4U Advantages :

- ☐ Excellent education environment .
- ☐ Syllabus Oriented Lectures .
- ☐ Weekly class test & monthly evaluation.
- ☐ Solving last 15 years question papers.
- ☐ Revision & Mock till final exam.
- ☐ Evaluation of mock results.
- ☐ Huge car parking facilities.



OE4U

House 69A , Road 6A , Dhanmondi R/A
Dhaka -1209 , Bangladesh
Tel : 02-9145549 , 9132979
Email:tutorial@oe4u.net