

How Fast Will I Lose?

Probably the most common question asked on any lowcarb list by a newcomer is: "if I follow it *exactly*, how fast will I lose?"

Well, no one can tell you that, it is totally up to your body and every darn one is different! And, honestly, there is really no such thing as "following Atkins exactly." That will end up being different things for different bodies, that's part of the learning.

I can tell you that usually the first "layer" of your weight will be relatively easy to lose, the middle "layer(s)" will be less easy, and losing the final "layer" will be challenging.

Keeping it off will be even more challenging than all that.

I can tell you that fast weight losers *generally* don't end up keeping any of the layers off, especially if it's their first time at weight loss, and that slow losers quite often get so frustrated they quit before they get anywhere near goal.

And, here's something that others may disagree with. If this is your first time trying lowcarb, consider carefully before "trying" it, because there is a phenomenon, sometimes called the "One Golden Shot" that has been noted over the years by observant long-time online forum participants, the gist of which is that lowcarb eating seems to work less and less effectively with each successive go-round.

I'm not sure how much I believe in this phenomenon. Lifetime yo-yo dieting of ANY kind has been identified as causing problems, and long term weight GAIN, yo-yoing with lowcarb is no exception. But unlike yo-yoing on and off reduced calorie/lowfat eating, on-again-off-again lowcarb does seem to result in increasingly **weight-loss resistant** bodies, and even more notably to me, people who seem to become incapable of staying on most *any* kind of restricted eating. I suspect this is because inconsistent lowcarb eating seems to cause escalated addictive eating in addicted eaters. And the bodies of people who do this seem to end up like abused and worn-out punching bags.

In other words, this really needs to be a lifetime commitment not only to weight loss, but to *healthy* eating and a move toward more simple, natural foods. It needs to be a commitment to learning as well as losing. Learning, by leading with the diet, that food needs to take a very different place in our lives, a physically supportive role that can and often needs to be severed from our underlying emotional entanglements with it.

If not approached in this way, not only will lowcarb not help, I think it can harm—much more than yo-yoing with other eating styles.

Adele Stratton, Founder
leadwiththediet.com