

Download The Dukan Diet The French Medical Solution For Permanent Weight Loss

Dukan writes (pg. 109): "The high-risk period for regaining weight lasts about five days for every pound lost, 30 days or a month for six to seven pounds, and 100 days for a loss of 18–20 pounds." Known as the French medical solution to permanent weight loss, the Dukan diet is another diet in the block that promises to help you lose weight. It is said to be similar to ketogenic diet, which emphasises on consumption of fat and protein but omit carbohydrates. The Dukan Diet takes into account everything that is essential for the success of any weight loss program: It offers overweight people trying to lose weight a system with specific instructions that get them on track, with stages and objectives, leaving no room for ambiguity or deviation. Dubbed "the French medical solution to permanent weight loss", the Dukan diet is the ultimate in prescriptive eating, with just 72 foods to choose from in the first phase. Carbs are the enemy, even if they come dressed as fruit and veg.