

Atkins or “Fadkins”?

by

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Part I – Macronutrients and Energy

Two friends of yours, Janine and Mitchell, join you at lunch. During your conversation, Janine comments on Mitchell's choice of food: a small bowl of cottage cheese, a chicken salad with vinegar and oil dressing, and a glass of ice water.

“What, are you on some kind of a health kick?” Janine asks, as she plows her way through a cheeseburger and a basket of fries. “First jogging every morning, now rabbit food?”

“It's this new diet I'm trying,” Mitchell says. “Someone told me it's really good. And I thought I could lose some weight.”

“From where?” Janine asks, looking Mitchell up and down. As you look at your friend, you have to agree with Janine: tall, lanky Mitchell doesn't look like he has an ounce of spare fat on him.

“Wait a minute,” Janine says. “You're not on that Fadkins diet, are you? That diet where you eat all protein and no carbs?”

“Yeah, I am,” Mitchell says, defensively. “I hear it's really good. Someone my brother knows lost ten pounds in like a month.”

“Don't you know those high-protein diets are bad for you?” Janine says, taking another sip of her milkshake. “If you eat way too much protein and not enough carbs you can ruin your kidneys forever because of all the nitrogen you have to process breaking down the protein,” Janine says. “Haven't you heard that in the old days, the mountain men used to get really sick and sometimes die if they had nothing to eat but venison and rabbits and lean meat like that? And there was some high-protein, low-carb, no-fat diet back in the 70's or 80's or something that people were dying from. Besides, if your brain doesn't get carbs—well, glucose, anyway—you get really cranky. You have to have enough carbs.”

“Well, yeah,” Mitchell says, “that's if you only eat lean protein and nothing else. But this diet lets you have fat, and you burn that for energy so you don't get problems like the mountain men had. See,” Mitchell goes on, before Janine can interrupt him, “the thing is, carbs are like easy energy or something, so your body burns carbs when it can get them and leaves your body fat alone. If you cut down on carbs, you train your body to burn fat instead. Once you get your body trained, then you can start eating some carbs again, and you keep your weight down.”

Janine snorts in laughter. “*Train* your body to burn fat?! Like it doesn't know how already? Come on! If you're gaining weight, it's because you're taking in more calories than you're burning up. Everyone knows that. A calorie is a calorie. It's just a measure of energy in your food. If you want to lose weight, what you have to do is either cut back on the calories you take in or exercise to burn up calories—or both. But why

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Table of Contents Atkins Or Fadkins Answer

1. Understanding the eBook Atkins Or Fadkins Answer
 - The Rise of Digital Reading Atkins Or Fadkins Answer
 - Advantages of eBooks Over Traditional Books
2. Identifying Atkins Or Fadkins Answer
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Atkins Or Fadkins Answer
 - User-Friendly Interface
4. Exploring eBook Recommendations from Atkins Or Fadkins Answer
 - Personalized Recommendations

- Atkins Or Fadkins Answer User Reviews and Ratings
- Atkins Or Fadkins Answer and Bestseller Lists
- 5. Accessing Atkins Or Fadkins Answer Free and Paid eBooks
 - Atkins Or Fadkins Answer Public Domain eBooks
 - Atkins Or Fadkins Answer eBook Subscription Services
 - Atkins Or Fadkins Answer Budget-Friendly Options
- 6. Navigating Atkins Or Fadkins Answer eBook Formats
 - ePub, PDF, MOBI, and More
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 - Atkins Or Fadkins Answer Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Atkins Or Fadkins Answer
 - Highlighting and Note-Taking Atkins Or Fadkins Answer
 - Interactive Elements Atkins Or Fadkins Answer
- 8. Staying Engaged with Atkins Or Fadkins Answer
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Atkins Or Fadkins Answer
- 9. Balancing eBooks and Physical Books Atkins Or Fadkins Answer
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Atkins Or Fadkins Answer
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Atkins Or Fadkins Answer
 - Setting Reading Goals Atkins Or Fadkins Answer
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Atkins Or Fadkins Answer
 - Fact-Checking eBook Content of Atkins Or Fadkins Answer

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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