

Weight Loss Methods - Poll of EpicureanFriends Results

Post by “Kalosyni” of January 19, 2023 at 4:53 PM

[Quote from Martin](#)

both Adkins and Keto are controversial

Some people actually gain weight on Keto/Adkins because they are still consuming more calories than they burn. And people who lose weight gain the weight right back again after coming off the diet. Eventually you have to return eating some carbs -- life isn't worth living without some carbs -- but you need to learn to enjoy complex carbs like brown rice and other healthy carbs.

I think that the problem happens when people want to lose weight in one month. So they are impatient and want it to happen immediately.

If you ate the Mediteranean diet for 6 months with a very mild calorie deficit, and then after 6 months you continue eating the Mediteranean diet because it is healthy. So you take on a permanent healthy lifestyle.