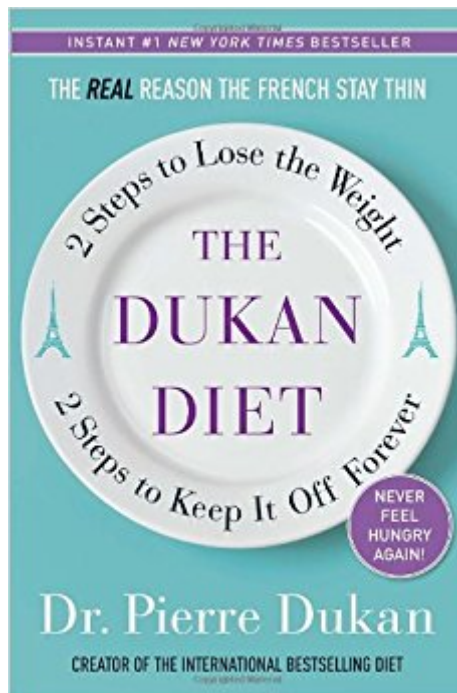


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# The Dukan Diet: 2 Steps To Lose The Weight, 2 Steps To Keep It Off Forever



## Synopsis

Devised by Dr. Pierre Dukan, a French medical doctor who has spent his career helping people to lose weight, the Dukan Diet rejects counting calories and promises permanent weight loss while allowing adherents to eat as much as they like. Originally published in 2000, the Dukan Diet swept across France, championed by people who successfully lost weight following its unique four phase regime. The Dukan Diet has helped millions in France, where it has been number one for more than ten years and adopted in twenty countries, including the United Kingdom, Poland, Korea and Brazil. All together, The Dukan Diet has sold more than 3 million copies worldwide. The Diet: 4 Easy Steps to Permanent Weight Loss

Phase one: Attack Using Dr. Dukan's True Weight calculator, dieters determine a reasonable and healthy weight loss goal. Then they begin the Dukan Attack phase a two-to-seven-day period during which only unlimited lean protein and a daily Oat bran galette (or pancake) are consumed and dramatic weight loss is achieved.

Phase Two: Cruise Dieters alternate days of unlimited lean protein with days of protein combined with healthful vegetables until they reach their True Weight.

Phase Three: Consolidation Dieters stay on this phase for 5 days for every pound lost. At this point the diet allows unlimited protein and vegetables, and other foods (such as cheese and bread) are reintroduced. Dieters are also allowed two weekly celebration meals to stave off boredom.

Phase Four: Stabilization This is the maintenance portion of the plan, in which followers are allowed to eat whatever they like without regaining weight--provided that they follow 3 unbreakable rules including eating only unlimited lean protein one set day per week.

For each phase, The Dukan Diet offers clear simple guidelines for long term success. The Dukan Diet is the perfect diet for people who want fast weight loss, that can be maintained without counting calories or weighing portions.

## Book Information

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## Customer Reviews

I will keep this review very simple. This diet worked for me. I am only 5 feet tall and, since the age of 15, have always been a very careful, healthy eater and a regular exerciser. However, in the past ten years, my weight just continued to creep higher and higher. No matter how much I tried, I simply could not lose the weight. I had my hormones checked and my thyroid checked and just about everything else checked and the weight simply continued to pile on slowly and regularly. Please don't say that a "better" diet and "more exercise" would have worked. It simply did NOT work for me, and my diet was about as balanced, low-fat, and healthy as a diet could be and I walked and exercised nearly every single day. Yet, I got fatter and more sluggish as time went on. All those scientists and nutritionists and doctors out there who are telling people not to follow the Dukan Diet, please tell me why I gained so much weight if I ate only good foods, watched my calories carefully, never (and I do mean never) ate junk, and exercised regularly? Was I supposed to accept the theory that it was "menopause" or "aging" or something else that I couldn't control? Out of sheer desperation, and thanks to a suggestion from my sister, I bought The Dukan Diet book and I started the diet. I have lost 22 pounds, and I now weigh about what I weighed when I was only 18!! I went from a size 8 to a size 4 (and sometimes 2), I have energy and muscle tone, and I feel great. There are some carbohydrates in this diet (the oat bran and wheat bran) and there are also the natural sugars that occur in the dairy products that (thankfully) are "allowed" on the diet. In the third phase, one would add in fruits, pasta, bread, etc., once again.

Update March 2013 I am able to keep to weight of but have to stay very vigilant. Update december 2012 : lost 70 pounds and feeling great! I am done, the hardest part is keeping it off. I have been able to do that by weighting myself every day. When I regain 2 pounds I get back to a proteins day or 2 and re loose it. Merci doctor Dukan ! , You probably saved my life and for sure saved my sanity! Posted last April: I have been on this diet for 4 weeks and lost so far 15 pounds on it. I have been very serious so far, very little cheating. This is why I personally really like this diet: 1 I am never ever hungry while on this diet, I cannot take starvation diets 2 I am loosing weight which is not easy for me and loosing fast which is thrilling. 3 it does not cost me anything but the price of this book. (no gimmicks funky products needed.) 4 No boring meeting to attend 5 do not need to pump up iron, no need to hire a trainer, no gym subscription, walking is the exercise prescribe. love it! 5 I do eat only

"natural food" no pre prepared industrial frozen, no can food , no liquid cans, no fake proteine bars.<sup>6</sup> No need to weight my food , no calories counting or cabs and no time consuming diary....<sup>7</sup> I can cook for myself healthy proteine as well as vegies and add some rice for my family, everyone end up eating healthy and I do not have to prepare special food<sup>8</sup> it is actually easier for me to never have the food that I love such as bread and chocolate than to eat small portions of this food and feel all the time deprived.<sup>9</sup> I feel much better since I do not eat any sugar and carbs.

Attack Phase, After Seven Days: Minus 11 pounds. Felt pretty crappy until day three, then just as the good diet doctor predicted, started feeling better. No hunger or craving but getting bored with broiled chicken breast and non-fat yogurt. Must admit I am beginning to enjoy that little morsel called a Dukan Oat Bran Galette (mini pancake made with oat bran, egg white, non-fat Greek yogurt, artificial sweetener - recipe included in book). Cruise Phase, After One Week & One Day: Minus 16 pounds total and still going strong: I've chosen to do two all-protein days followed by five protein-and-vegetable days. Worst of it is going without a beer or vodka martini at least once in awhile. Looking forward to the day when I reach Cruise Phase goal and can have alcohol again. At an estimated loss of two pounds a week during the Cruise Phase, I have at least another two months to go before having that martini. That's a long time and a pretty big commitment to the Dukan Diet. But it does seem to be working. Other than the ban on alcohol, the regimen to me hasn't been too difficult to follow. Time will test not only perseverance but whether we Dukan dieters will be able to maintain our weight loss. Millions of French and Europeans have tried the program, which consists of four phases: Attack, Cruise, Consolidation and Stabilization. It's a high-protein, low fat, almost zero carbohydrate recipe for weight loss. Oh, yes and a quart and a half of water to flush the kidneys and at least 20 minutes of exercise a day and no escalators or elevators. Those last items, Dukan insists are "non-negotiable." There are 3.

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