



What is the Dukan Diet? Find out if the Dukan Diet Is The Right Diet For You (The Dukan Diet, Dukan, Dukan Diet)

Susan White

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Back in 1975, French physician Pierre Dukan realized that the accepted methods of treating obesity weren't helping many people. Over the next two decades he designed a diet based on natural foods that became very popular after his book, *I Don't Know How to Lose Weight* became a bestseller. The Dukan diet is now famous throughout the world. It's a high-protein, low-carb diet that starts you off with rapid weight loss and is also designed to keep weight off forever. Try the Dukan Diet Express to lose up to 10 pounds in a week, or work through the four steps—Attack, Cruise, Consolidation, and Stabilization—of the full diet to kick start your metabolism and start losing weight at an average rate of a pound every 3 days.

This diet really works, but its strict limits may not be for everybody. In addition, it can be dangerous for people with certain health problems, and its emphasis on protein may make things boring for vegans and vegetarians. However, it doesn't take a lot of money or work to follow, and the last two steps are meant to keep weight off for the rest of your life.

What you will learn:

- What the Dukan diet is
- How to use your ideal weight to personalize this diet
- What each of the 4 phases are
- The pros and cons of the diet
- A few recipes to get you going

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