

The trend: Dr. Atkins' New Diet Revolution, one of the 50 best-selling books of all time, was first introduced 33 years ago, but it reemerged in popularity when it was reborn as the Atkins For Life plan in January 2003 and hit #1 on the NY Times Best Sellers List within days. While low-carbohydrate diets were trendy in 2004, with restaurants revamping menus and grocery stores packing shelves with products offering low-carb alternatives, experts say the fad is fading.

The bottom line: Recent studies show that after a few months of Atkins, people tend to lose about twice as much weight as they would on the standard low-fat, high-carbohydrate approach recommended by most health organizations. And even with eating large portions of foods like butter, red meat and bacon, Atkins followers tend to lose weight without added risk of heart disease.

**The plan: Eat Right 4 Your Type.** By Peter J. D'Adamo, MD, with Catherine Whitney.

The nuts and bolts: Commonly referred to as the blood-type diet, D'Adamo's plan is based on the premise each of the four blood types has its own unique antigen marker that reacts in a negative way with certain foods, and that blood type determines specific levels of stomach acidity and digestive enzymes. Thus, each blood type has a very detailed list of foods that must be avoided for weight loss success, according to the diet plan. The lists include everything from foods, spices, teas and condiments that will help maintain optimal health and ideal weight, and the plans emphasize what type of exercises are best for your blood type.

The trend: Also a best-selling book, Eat Right 4 Your Type was first introduced in 1996, but critics say the diet lacks scientific evidence to support the diet (despite 30 years of research by D'Adamo and his father) and that the foods recommended for each blood type are good for every blood type.

The bottom line: Some say the plan is unrealistic for families with different blood types or for those with strict diet restrictions.

**The plan: The Perricone Promise.**  
By Nicholas Perricone, MD.

The nuts and bolts: The Perricone Promise pledges a groundbreaking, 28-day program that will help readers stay young forever through the science of neuropeptides. Dr. Perricone believes regulating and controlling these chemicals in the

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