DIET – which ones are best

The Mediterranean Diet
The Atkins Diet
Paleo Diet
Weight Watchers Diet
Raw food Diet
Vegan Diet
Low Fat Diet
Intermittent Fasting
Mind Diet
Pritikin Diet
Body Type Diet
Macrobiotic Diet
The Mayo Clinic Diet
Keto Diet
South Beach Diet
Vegetarian Diet
Soup diet
Dukan Diet
Zone Diet
Jenny Craig diet
Dash Diet
Blood Type Diet
Cabbage Soup Diet
Lectin free diet
Grapefruit diet
Carnivore diet
SlimFast diet
Gluten free diet
Lemonade diet
Low FODMAP diet
Fruitarian diet
Alkaline diet
Apple Cider Vinegar diet
Five Bite diet

So, which one is the best? Which ones work? Well, they all work for some people, for a certain period of time. Some are healthy enough that you can stay on them for a long time, some for only a short time because they are too restrictive to maintain healthy cell growth.

If you have health issues you need to be careful in choosing. For example, if your kidneys are weak then avoid the high protein diets like Atkins, Paleo, and Keto diets. If you have diabetes, avoid fasting, high fruit diets or high carbohydrate diets.

Out of all the ones above, the safest diet that you can stay on permanently is the Mediterranean Diet.

If you can. learn to test yourself for the foods that are good for your body. Learn muscle testing, or, a simple way that seems to work for most people is to stand up and hold the food item to your chest and ask your body if the food is good for your health. The body becomes a pendulum, if the body sways forward toward the food, it is "yes", but if the body sways back away from the food, you avoid that food.