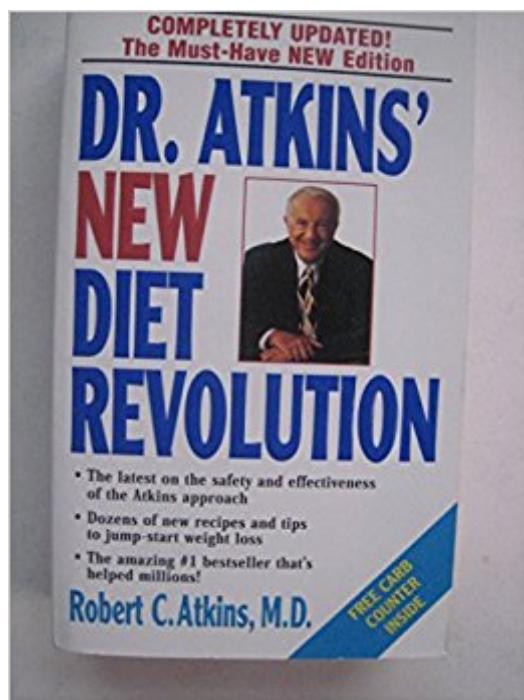


The book was found

Dr. Atkins' New Diet Revolution, New And Revised Edition [Paperback]



Synopsis

updated Dr. Atkins' diet

Book Information

Unknown Binding

Publisher: William Morrow Paperbacks (2002)

ASIN: B0083SGZ0K

Package Dimensions: 6.7 x 4.2 x 1.4 inches

Shipping Weight: 8 ounces

Average Customer Review: 4.5 out of 5 stars 26 customer reviews

Best Sellers Rank: #285,140 in Books (See Top 100 in Books) #43 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Atkins Diet

Customer Reviews

updated Dr. Atkins' diet

All this time I have heard from other's what the Atkins diet is. It turns out I needed to read the book. All of my questions were answered and I learned that the induction period really works and helps rid the body of carb cravings and set me on a new path of eating. I'm so encouraged because I lost 5 pounds in one week. I'm still in induction period. He explains it really is fat you are burning once you are in ketosis as apposed to water or muscle. Fascinating and it works! I've been on a calorie counting diet since January, I did lose some weight, about 6 pounds. In 6 months according to the calories and exercise that I was keeping track of I should have at least been losing a pound a week. It turns out if you have insulin resistant issues, a low fat and calorie controlled diet can produce little results. Cutting the carbs did the trick. Eating huge salads was my usual once or twice a day along with a little protein and light dressing. Now, I eat fish, eggs and cheese and protein drinks and the vegetable is a small portion for each meal. It's making all the difference. I'm amazed.

Probably the best lifestyle change ever, if you can stick with it. Also helps debunk the Atkins haters mythologies about how bacon will kill you.

So excited I found this book . I lost 63 pds. 11 years ago using this book. I hope to the same again. It worked great for me.

easy read, not marked . would recommend to anyone looking to help with shedding pounds that haven't come off easily in the past.

This book has helped me make changes in my eating habits, introduced me to new foods. I have lost weight but I am eating regularly and am feeling so much better. Easy to stay on it.

Great book great for anyone seriously trying to loose weight

Great book and it arrived in good condition.

He was right

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