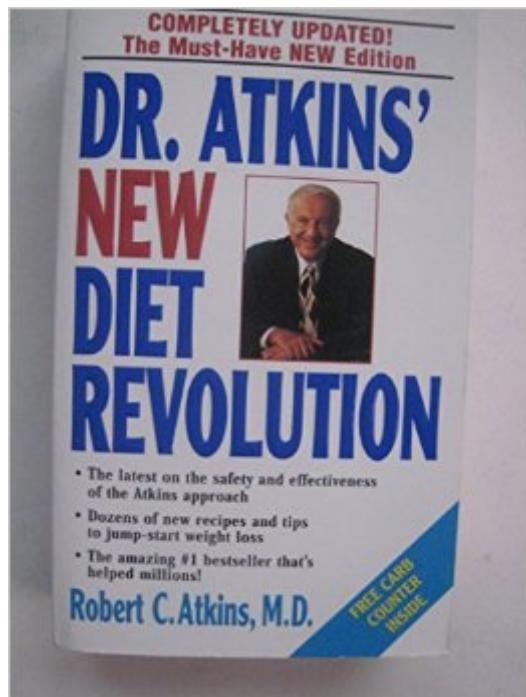


The book was found

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

Product Dimensions: 6.7 x 4.2 x 1.4 inches

Shipping Weight: 8 ounces

Average Customer Review: 4.5 out of 5 starsÂ See all reviewsÂ (15 customer reviews)

Best Sellers Rank: #131,406 in Books (See Top 100 in Books) #46 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Atkins Diet

Customer Reviews

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.

This book changed my life!! Dr. Atkins explains how carbs affect your body. And how you feel full and satisfied! In 3 years, I lost 30 lbs, and my husband lost 60 lbs! Check out my blog at [...]

I was supposed to return it. It was not the edition of the book I wanted. I was replacing a borrowed book from a friend that got damaged. So when I ordered it, the picture looked like the one I needed

but what came in the mail, was a total different version. But I never did return it. So I was disappointed in what I received.

Great book. I can eat most of the foods that I normally eat, so I don't feel like I am dieting at all! This works for me.

Excellent, exactly what I wanted. Thank you.

Decent read and good condition.

AWESOME PRODUCT AND SERVICE

[Download to continue reading...](#)

Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) ATKINS: Atkins Diet Disaster: Avoid The Most Common Mistakes - Includes Secrets for RAPID WEIGHT LOSS with the Low Carb Atkins Diet (Atkins diet, Atkins ... diet, Paleo diet, Anti inflammatory diet) Atkins Diet for Beginners: The Atkins Diet Quickstart Guide to Rapid Weight Loss with 24 Quick and Easy Low Carb Atkins Recipes (Low Carb Diet, Atkins Diet for Beginners, Atkins Diet Cookbook) Atkins diet for rapid weight loss - Lose 5 lbs in Just 1 Week: atkins diet cookbook, atkins diet for rapid weight loss, atkins diet for beginners, atkins vegetarian Atkins Diet Rapid Weight Loss: Atkins Diet Guide for Beginners - Lose Up To 30 Pounds in 30 Days (Atkins Diet Books, Atkins Diet Recipes, Diet Cookbook, ... Rapid Weight Loss, Low Carb, Weight Loss) Atkins Diet: The Ultimate Guide to Atkins Diet - How To Lose Weight Fast Using Atkins Low Carb Diet (atkins diet, low carb diet) Atkins Diet: Atkins Diet For Diabetes-Low Carb High Protein Diet To Lower Your Blood Sugar & Lose weight-14 Day meal plan-42 Recipes (Atkins Diet Quickstart ... Diet, diabetes, reverse type 2, atkins) The Complete Atkins Diet Plan Book: The Atkins Diet Book and Atkins Diet Plan. Also Includes Atkins Diet for Beginners ATKINS: Atkins Diet - A 14-Day Atkins Diet Plan For A Simple Start (A Guide To The Atkins Diet Plus A Diet Plan To Achieve Your Weight Loss Goals) ATKINS: The Ultimate ATKINS Diet Recipes!: Atkins Diet: Top Atkins Diet Recipes for Beginners Atkins Diet Recipes Under 30 Minutes: Over 30 Atkins Recipes For All Phases (Includes Atkins Induction Recipes) (Atkins Diet Cookbook) (Volume 1) Atkins Diet Recipes Under 30 Minutes: Over 30 Atkins

Recipes For All Phases (Includes Atkins Induction Recipes) (Atkins Diet Cookbook) (Volume 2) Atkins Diet Recipes Under 30 Minutes Vol. 2: Over 30 Atkins Recipes For All Phases & Includes Atkins Induction Recipes (Atkins Diet Cookbook) Atkins Diet For Beginners: LOW CARB DIET: Secrets To Weight Loss The Healthy Way (Atkins Diet Carbohydrate Gram Counter With Cookbooks And Recipes ... (Atkins Low Carb Weight Loss Diet) (Volume 1) ATKINS DIET FOR BEGINNERS: LOW CARB DIET: Secrets To Weight Loss The Healthy Way (Atkins Diet Carbohydrate Gram Counter With Cookbooks And Recipes Included!) (Atkins Low Carb Weight Loss Diet Book 1) El Nuevo Libro de Cocina Dietetica del Dr. Atkins (Dr. Atkins' Quick & Easy New: Complementario a La Nueva Revolucion Dietetica del Dr. Atkins ... New Diet Revolution) (Spanish Edition) ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You (Atkins Low Carb High Fat Diet Weight Loss Guide, Diet for Rapid Weight ... Atkins Weight Loss Guide for Beginners) ATKINS DIET FOR BEGINNERS: A Comprehensive Quickstart Guide To Kickstart Your Own Atkins Diet For Permanent Weight Loss and A Healthier New You (Atkins Low Carb Weight Loss Diet Book 1) Atkins Diet For Beginners: A Comprehensive Quickstart Guide To Kickstart Your Own Atkins Diet For Permanent Weight Loss and A Healthier New You (Atkins Low Carb Weight Loss Diet) (Volume 1)

[Dmca](#)