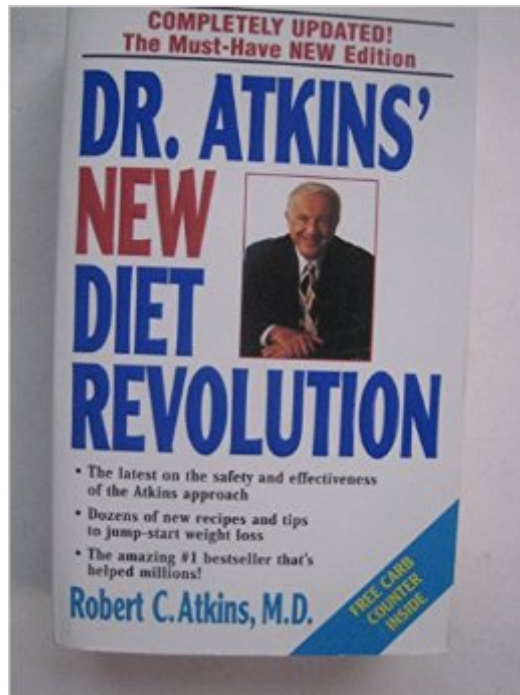


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# Dr. Atkins' New Diet Revolution, New And Revised Edition [Paperback]



## 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 stars Â Â 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 insuline 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.

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