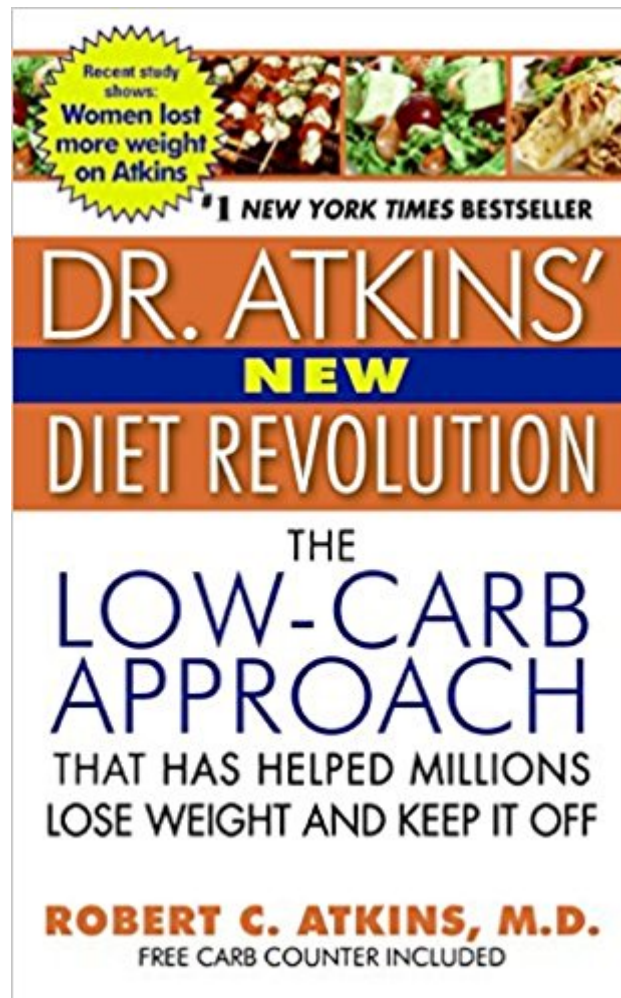




The book was found

Dr. Atkins' New Diet Revolution



Synopsis

The #1 New York Times bestseller featuring the Atkins Nutritional Approach— a celebrity-favorite diet perfect for losing weight before your wedding or to bounce back into shape post-baby, or if you just want to look and feel your best— includes delicious new menus and simple recipes, a free carb counter, and new tips for weight loss. Millions of people have already discovered how to get healthy, lose weight, and keep it off— and now you can too! The Atkins Nutritional Approach is the proven weight loss program that enables you to enjoy the foods you love on the road to good health, increased energy, and a greater sense of well-being. With Dr. Atkins's New Diet Revolution you get everything you need: essential medical and nutritional information, a helpful carbohydrate gram counter, low-carb meal plans, and dozens of mouth-watering recipes for everything from appetizers to entrees to desserts. Start your new life today; become a healthier, fitter, happier you. It all begins with Atkins!

Book Information

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Average Customer Review: 4.3 out of 5 stars 1,722 customer reviews

Best Sellers Rank: #14,100 in Books (See Top 100 in Books) #6 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Atkins Diet #36 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb #137 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss

Customer Reviews

Designed to catapult your body into a state of fat meltdown, Dr. Atkins's diet has taken America by storm. It targets insulin, the hormone that regulates blood sugar levels. The bodies of most overeaters are continually in a state of hyperinsulinism; their bodies are so adept at releasing insulin to help convert excess carbohydrates to fat that there's always too much of the hormone circulating through the body. This puts the body into a bind; it always wants to store fat. Even when people with hyperinsulinism try to lose weight--especially when they cut fat but increase carbohydrate

consumption--their efforts will fail. This is why Dr. Atkins refers to insulin as "the fat-producing hormone." Dr. Atkins's diet is extremely low in carbohydrates, which helps to regulate insulin production and decrease circulating insulin; less insulin soon results in less fat storage and fewer food cravings. The diet is far from torturous, though--those who've tried it attest that hunger is not a part of this plan. Ninety percent of Dr. Atkins's patients--more than 25,000 of them--have experienced dramatic weight loss. The book includes recipes for such luscious, low-carb dishes as lobster soup, zabaglione, sea bass, and blueberry ice cream, and even includes a carbohydrate gram counter and menus. --This text refers to an out of print or unavailable edition of this title.

"The most famous low-carb regime of all" The Times --This text refers to an out of print or unavailable edition of this title.

After reading his book, I found that his theories made sense. I tried it for a couple of days, but was tempted by carbohydrates when eating out and accidentally got off of ketosis. I didn't lose any weight but found that I didn't gain any either, even after eating A LOT of fats & meat, etc. I am now switching to Larry North's Living Lean Diet, his concept is almost the same but carbos are permitted at first. Just started...so I will see how that goes. If anyone has a good experience with a diet, pls feel free to email me

Such a classic for low-carb, it's nice to have it in e-book form as a reference!

Thank you! Book is in pretty good condition. I'm satisfied. Good Seller.

Nothing in the advertisement or on the CD case does it say this is just excerpts from the book. It only goes up to chapter 22, what about 23-27. I can see not listing the receipes but to leave those 4 chapters of info out? Not acceptable. The CD does not go Track and Chapter, it just goes forward reading and doesn't mention which chapter it is on that is being read. So to find an area you want to hear again, you have to guess. Very poor track management. I love the program and I have lost 50 lbs and healthy, I have the book, and so I know what this CD is leaving out.

I read the original Atkins book about 25 years ago and I just didn't get it... Now that I am older and more overweight, I decided to try the "New" revised book.. I really think that this time, "I GOT IT".. He explains the carbohydrate process in greater detail. It makes sense and clicks with my common

sense. Although his 14 day diet is too radical for me, I decided to do the best that I could with Limiting, not cutting out, my carb intake. I now read labels and look for Carb content and avoid Pizza, Pasta, Breads, Cakes, Cookies and all the thing that I love... notice I said avoid, not cut out... I still do a trip to Dairy Queen for a fix of Chocolate Extreme.. My trips are one or two times a month and I order a small instead of a large. Bottom line is I weighed myself on the first of the month and I weighed 264lbs.. today is the last day of the month, I had my small DQ last night, I weighed 249 this morning.. I would be thrilled to lose about 10 to 15 lbs. a month...that would be great.. my goal is 200lbs.. I really believe that I will get there and stay there... this is not a diet, it is a life changer... give it a try.

The third time I've bought this book. It seems ti get gone.....

An old staple. Bought the revised version for my own comfort. A bit tedious at times. But I lost 17 lbs in 7 weeks, feel like a million, hence 5 stars. In memory of the good doctor.

This diet is AMAZING - I would guess it's not for everyone (neither is swimming in Iceland) however all should give it a try, (the book silly, not the swimming)!My wife had become diabetic due to her weight, she has been struggling to get her blood count below 160 even on 2000 mg of medication per day! I have been a SLUG for a few years and was HIGHLY dependent on carbs and caffeine (6 pack or more per day of Diet Coke) to survive the day. When we heard of this crazy diet I told her to go jump in a lake, I was NOT giving up my carb for this crazy idea of a diet. I am now a brand new person, I get up at 6:00 AM without an alarm and my wife no longer takes meds and her b/s is about 115! You do the math. We have ONLY been on this diet 12 days and I lost 14 lbs.. she is about 10lbs lighter. Go - run - do not walk - get this book!WHAT are you waiting for, reading this article is not making you skinner or healthy! GET A MOVE ON!

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