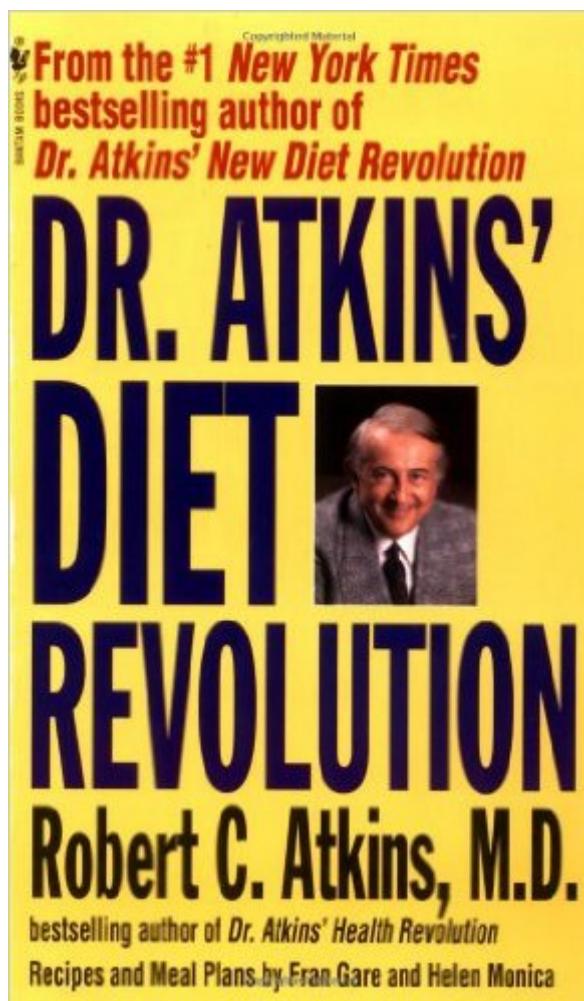


The book was found

Dr. Atkins' Diet Revolution



Synopsis

After a medical check-up and under your doctor's supervision, you too may achieve significant loss of weight as many others have done by following the simple rules contained in this book. This is the fabulous, controversial bestseller that explains the diet in infinite, detail, includes meal plans, recipes, a list of foods to avoid and permissible foods.

Book Information

Mass Market Paperback: 336 pages

Publisher: Bantam (October 1, 1981)

Language: English

ISBN-10: 0553271571

ISBN-13: 978-0553271577

Product Dimensions: 4.2 x 0.9 x 6.9 inches

Shipping Weight: 5.6 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 starsÂ See all reviewsÂ (214 customer reviews)

Best Sellers Rank: #33,024 in Books (See Top 100 in Books) #16 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Atkins Diet #46 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters #137 inÂ Books > Cookbooks, Food & Wine > Special Diet > Weight Loss

Customer Reviews

I went on the Atkins diet 2 years ago, for about 5 months, and lost 25 pounds. I never felt better; my headaches went away, fatigue during the day was gone, I was able to wake up earlier in the morning. I need to lose 25 more pounds to be at my college weight. Even after I stopped the diet, and ate a lot more carbs, my weight loss remained. I noticed as I added back more carbohydrates, that many old symptoms returned. I am back on the more restricted part of the diet again because I want to lose the rest of the weight. I will say that you eat a moderate amount of protein, vegetables, fish, good oils, and I think it is a balanced, long-term diet that can work for many of us. Once you reach your weight loss goal, you add back in a lot more carbohydrates, all in the form of healthy vegetables, nuts, seeds, and moderate amounts of fruit, bread, etc. I have two friends who lost 40 pounds (him) and 60 pounds (her) on this diet, their blood pressure normalized, and their cholesterol count actually went from high to normal in 6 months. I have another friend who told her doctor she was going on the diet, he warned her not to. In three months she came back, her blood pressure was almost normal, after being very high, and she felt better than she had in years. Her

doctor told her to keep doing whatever she was doing, because it was working. Another friend went on the high carb/ low fat diet. She did lose at first, but was hungry all the time and gained the weight back and more when she went off of it. There are people who do well on this kind of low-fat, high carb diet, and Atkins talks about this and why. No diet is for everyone, each of our bodies are unique.

I have been through everything.... low fat, Optifast, cabbage soup, the Dean Ornish plan, and I can say unequivocally, that Dr. Atkins' diet is the only one that has given me such dramatic results, with a minimum of pain and suffering. I started Atkins about two months ago, weighing a huge amount (I'll never tell how much, but it was serious). I have stayed on induction for the past two months, pretty much without falling off. It's not that I have such great will power...I don't. But I really have absolutely no craving for carbohydrates or sweets, this from a convinced dessertophile. The net result is that in two months, I've shed about 34 lbs and gone down four pant sizes. My goal weight is still far off, but I feel better than I have in years. For Atkins to work, you have to be pretty religious about it I think. I have not found induction at all restrictive, except that I do miss fruit, especially apples. I also have found that exercise is not an option with this diet...it's essential, as the Dr. claims. The combination is more effective than diet or exercise is alone. Between the two, the health benefits of this lifestyle have been enormous. I had a blood workup done about 6 weeks into the program and it was excellent. My cholesterol was down fewer than 200 for the first time in 12 years, my heart rate was a healthy 72, and my cardio health was excellent. There are things to watch out for on this diet. The water-drinking requirement should not be taken lightly. It flushes out the kidneys, which is pretty important in a low carb diet. Also, forcing yourself not to cheat is also pretty important. The yoyo effect of a dessert on the weekend can be pretty tough...it's as if you are starting and stopping a diet over and over again and that's tough on your body.

[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) 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) The Complete Atkins Diet Plan Book: The Atkins Diet Book and Atkins Diet Plan. Also Includes Atkins Diet for Beginners 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) 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: 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) (Volume 1) ATKINS DIET CARBOHYDRATE GRAM COUNTER: LOW CARB DIET: Ultimate Atkins Diet Made Easy (Secrets To Weight Loss Using Low Carbohydrate Diet, Low Cholesterol ... Low Cholesterol Weight Loss Diet)

[Dmca](#)