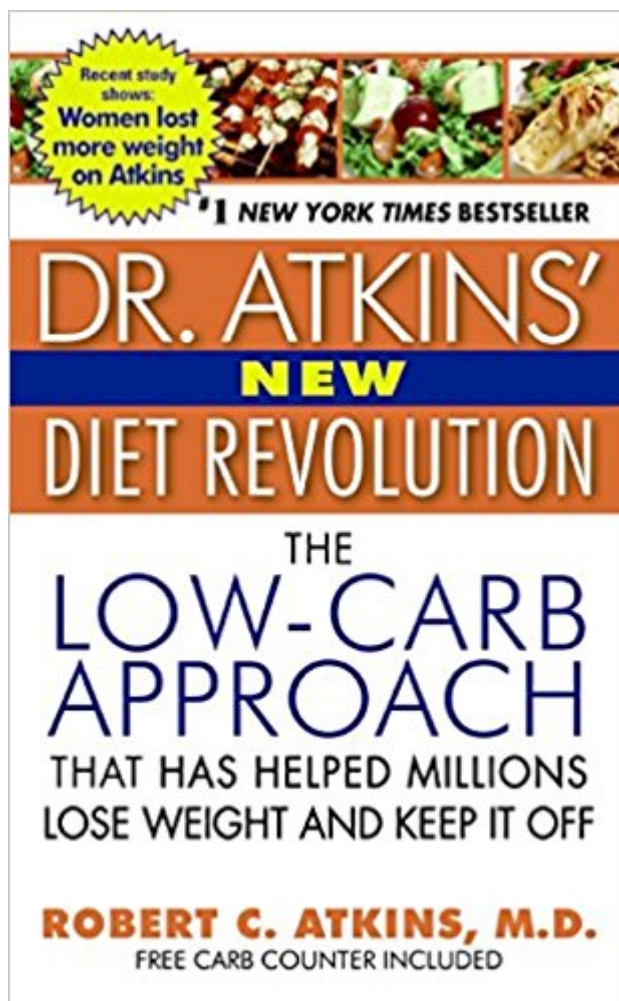


The book was found

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

Paperback: 560 pages

Publisher: Harper; Revised edition (December 29, 2009)

Language: English

ISBN-10: 006001203X

ISBN-13: 978-0060012038

Product Dimensions: 4.2 x 1.1 x 6.8 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

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 carbs 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 recipes 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!

[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: 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) The Atkins Diet Head Start: The trusted guide to to healthy atkins foods and tasty aktins meal plans for your weight loss revolution (atkins diet, atkins ... diet book 2017, atkins for beginners) 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: The Ultimate ATKINS Diet Recipes!: Atkins Diet: Top Atkins Diet Recipes for Beginners
The All New Atkins Diet: A Complete Guidebook For Balanced Carbs, Delicious Food, And Quick
Results (atkins diet, low carb, mayo clinic diet, whole 30, ... diet, dash diet, paleo diet, weight loss)
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 Revolutionary Atkins Diet: Say Goodbye to those
stubborn Belly Fat Forever (Weight Loss, Proteins, Atkins Diet, Atkins, Clean Eating, Low Carb,
Paleo, ... Protein Diet, Healthy Fats, Maintenance) Atkins Diet: Ultimate Atkins Diet -
Recipe Cookbook (Atkins Diet, Ketogenic Diet, Weight Loss) ATKINS: The Ultimate ATKINS Diet
Recipes!: Top Atkins Diet Recipes for Beginners (Lose Weight Now!) (Volume 1) Dr. Atkins' Quick &
Easy New Diet Cookbook: Companion to Dr. Atkins' New Diet Revolution Atkins Diet 2017 The New
Delicious Low Carb Ketogenic Diet & Atkins Diet Slow Cooker Cookbook Ketogenic Diet: Ketogenic
Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for
Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) HCG Diet: HCG Diet
Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG
Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) ATKINS: The
Atkins Diet Weight Loss Guide: Low Carb Recipes and Diet Plan For Beginners (Atkins Low Carb
Weight Loss Diet Book) South Beach Diet: South Beach Diet Book for Beginners - South Beach Diet
Cookbook with Easy Recipes (Low carbohydrate Living - Low Carbohydrate Diet - Modified Atkins
Diet 1) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know ****BONUS**** 30 Day
Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet,
anti inflammatory diet) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days
(Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti
inflammatory diet) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South
Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide,
south beach diet cookbook) Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes
& Meal Plans Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy
Diet, Paleo, Ketosis Foods)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

