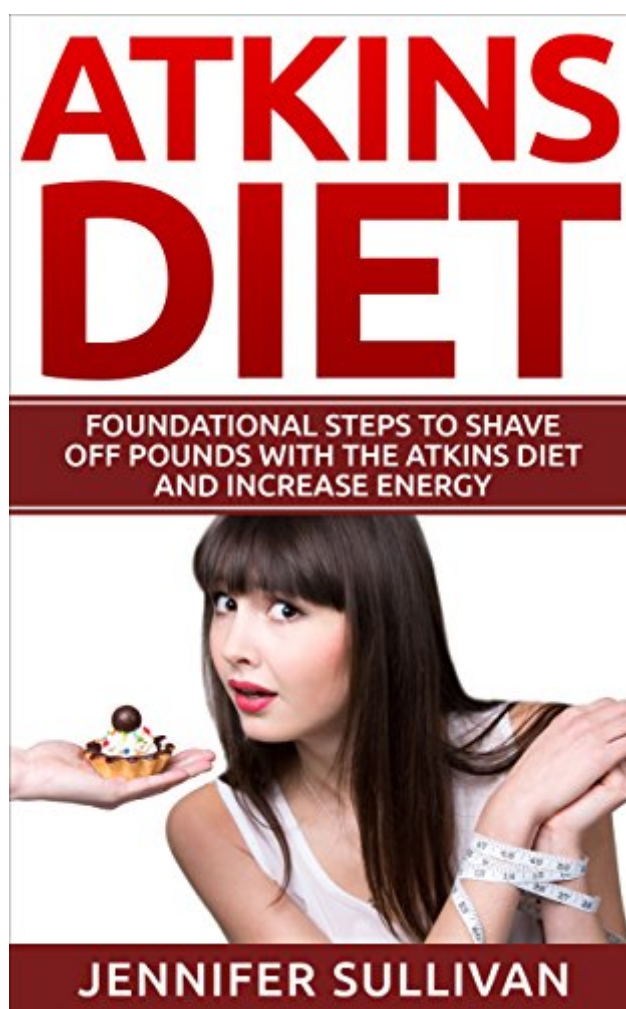


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# Atkins Diet: Foundational Steps To Shave Off Pounds With The Atkins Diet And Increase Energy (Overweight, Low Carb, Heart Disease, Exercise, Robert Atkins)



## Synopsis

Knowledge is Power... and also Weight Loss! Obesity is increasingly becoming a pandemic each passing day. What's even more disturbing is that with the increasing use of the internet and technology, many of us still cannot use the vastly and freely available information online to lose weight and keep it off. Then you may ask yourself this simple question; does it mean that people don't do anything about their weight even when they know very well that it is recipe for different health complications? Well, the truth is; people are doing something about their weight. For instance, they are likely to follow different diet plans, which seem promising at the onset but very challenging to follow and impossible to incorporate into everyday lifestyle. Unfortunately, many of these diets don't work. That's why you will find some people losing weight very fast only to gain it all back after a few weeks of being off the diet. So, what's the solution to that? Is there a diet plan that works and is easy to incorporate into everyday life? Well, there is. You can follow the Atkins diet to transform your life greatly by losing weight and keeping it off for good. So what does the diet entail? Does it have scientific backing? Is it healthy? How does it work? These are just some of the questions that may be going on in your mind. And the good news is that this book will teach you everything you need to know about the Atkins diet to help you lose weight fast and keep it off. You Can Expect To Learn...The BasicsInduction PhaseOWL PhasePre-Maintenance PhaseMaintenance PhaseAtkins Diet for Vegetarians and VegansHow To Follow Atkins Diet When Eating OutSide Effects When Starting The Atkins Diet And How To Cure ThemTake Action Now To Learn About One Of the Most Talked About Diets At The Current Discounted Price!

## Book Information

File Size: 1751 KB

Print Length: 39 pages

Simultaneous Device Usage: Unlimited

Publication Date: April 5, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01DWZKXOW

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #445,935 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #39

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## Customer Reviews

It's working! I started using the advice on this book and have already lost three pounds! That may not seem like a lot to some of you, but it's big for me. After hearing nothing but great things about the Atkins diet, I decided to read up on it and try it out. I'm so glad I did, and I'm even happier that it was with this book. The author Jennifer Sullivan breaks down the steps to taking on the diet and makes them easy to grasp and follow. The idea of eliminated refined unhealthy carbs and limiting natural carbs is a genius idea, and I can't believe it took so long for me to get on board.

The Atkins diet is very well known and popular. It works. That's a fact, and as a result there are many books on the subject but for me, this book stands out as the best one I've read so far. Starting off with an very in-depth and detailed explanation of what the Atkins diet is, where it comes from and why it works on a biological level (very interesting), the book goes on to teach each important phase of the Atkins Diet and exactly what to do (and not do) in each of them. The process of adopting the Atkins Diet for anyone new to it looking to lose weight is very well laid out, with a very step-by-step approach taken by the book's author which makes everything extremely easy to implement. Also covered are steps towards maintaining a successful weight loss procedure, and common side effects of the Atkins Diet which may be experienced by some and how to overcome them. 5 Stars!

What I have noticed on diet books is that most if not all of them are geared towards lowering fats or carbs absorption while increasing protein intake. The reason behind this proposed plan is mainly to reduce fatty deposits without losing too much energy for later use. This book covers the basic methods and ways on losing weight. I like how it presented its topics and explains everything in a very simple manner. The recipes are found in tables which for me is well outlined and clean to look at which most OCD would love.

This book is awesome, great book for finally finding a way to lose weight and keep it off. It really gives you a great foundation on why it's so important to lower your carbs and how to implement

better eating habits. This book is packed with a lot of very useful information. Everything you need to know. Great reference for explaining how the diet works and what you have to do to achieve maximum results. For anyone about to start Atkins, I highly recommend reading this book first.

The Atkins approach is the only thing that has ever really worked for me and the only thing that has ever made any sense for how my body functions. After finishing the entire book I began following Atkins (or as close as I could) and in all honesty have never felt better in my life. I can only assume all those carbs were wearing me down. This is the 'secret' to achieving and maintaining weightloss. This way of eating is the most pain-free method of losing weight. Read this without pre-conceived ideas. I am recommending this to anyone who expresses the wish to lose weight!

This is a good book on Atkins diet. It contains the necessary information which a beginner of this diet must know before getting started. This will enable you to fully understand how it works and how it can help you get rid of those unwanted fats you've got. This is also non-biased since it includes the side effects which you might experience when you begin practicing it. So if you want to lose weight the healthy way, then I recommend this book.

I do want to live a healthy lifestyle, so whenever I see a book about healthy diet, I am excited to buy and read it. And for this book, I am glad that I bought it, it gave me a lot of information about Atkins Diet, and what are the food that I should be eating. There are a lot of information inside the book that I do not know, so I am sure I will be doing these steps and will be applying it with my daily food lifestyle.

I was asked to write an honest review about this book. I was genuinely interested since I have been experimenting with a ketogenic diet recently. I would also recommend purchasing a copy of "The Art and Science of Low Carbohydrate Living"...for a more scientific background. Overall though, this Atkins diet ebook is a good foundation overview. Even includes the recommendation to add more salt to your diet which has personally helped me.

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