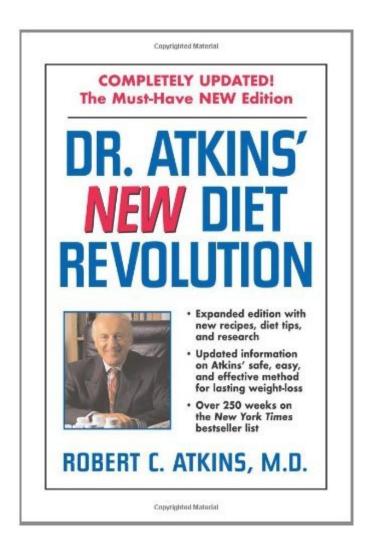
The book was found

Dr. Atkins' New Diet Revolution, Revised Edition





Synopsis

This new edition contains the basic diet and is enhanced by new explanations of the underlying theories. There are seven new chapters.

Book Information

File Size: 3140 KB

Print Length: 442 pages

Publisher: M. Evans & Company; 3 Sub edition (July 29, 2002)

Publication Date: May 31, 1992

Language: English
ASIN: B004HINCLK

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #190,443 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #27 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Atkins Diet #63 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Low Carb #65 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Atkins Diet

Customer Reviews

I own three copies of this book, the Kindle Version and two paperbacks. I only use the Kindle version now. Hello! Anyway, I bought the book when it came out, did it for two weeks and quit, just like the rest of America usually does, OH and of course I didn't really read the book! :")But, about Two years ago, I decided I need to lose weight and get the weight off! Once and for all. I WAS FAT! No, I was OBESE! NO, I was MORBIDLY OBESE! Let's put it this way, I lost 160 pounds, so OINK CITY! LOL.I actually read the book from cover to cover, TWICE! Amazingly it was a really good read believe it or not, it was so informative and interesting. After I read the book for the first time, I followed Dr. Atkins instructions in the book, I know, novel Idea!:")And I started to lose weight, fairly rapidly which good or bad it was motivating! Now I followed the book/instructions to the letter and it worked, of course I guess any diet works if you follow it and don't cheat. In any case, this worked for me!I lost 160 pounds and have kept it OFF!My biggest surprise in the book was, Dr. Atkins doesn't say it's ok to eat a pound of bacon for breakfast. I have seen people who were supposedly on

Atkins eating in this manner, unlimited protein, etc. for some reason they think that's what Dr. Atkins says but he does NOT, I read the book TWICE. LOL.What Dr. Atkins does allude to is that it's ok to have a couple of strips of NITRATE FREE organic bacon with a couple or organic eggs for breakfast. He explains how eating too much will mess with your insulin levels even if you are only eating protein. He also pushes/suggests only eating organic and to never eat nitrates. Dr.

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) El Nuevo Libro de Cocina Dietetica del Dr. Atkins (Dr. Atkins' Quick & Easy New: Complementario a La Nueva Revolucion Dietetica del Dr. Atkins ... New Diet Revolution) (Spanish Edition) 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)

Dmca