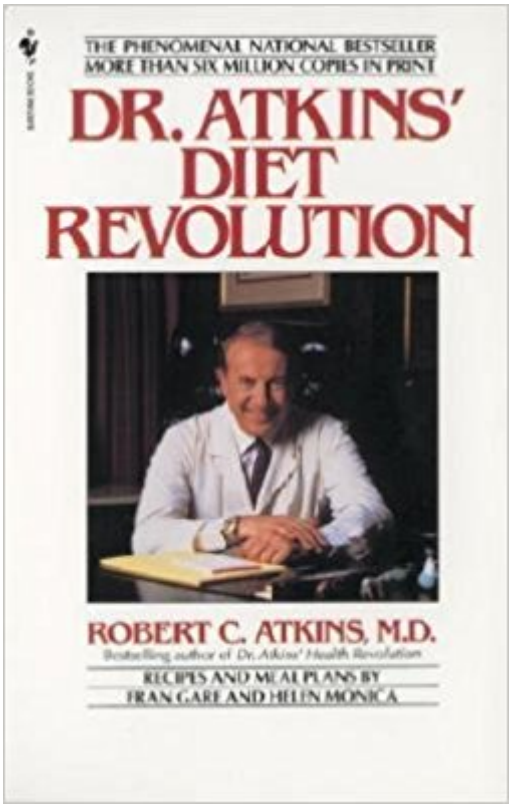
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Dr Atkins' Diet Revolution The High Calorie Way To Stay Thin Forever



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Synopsis

Dr Atkins' Diet Revolution The High Calorie Way to Stay Thin Forever

Book Information

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Customer Reviews

Dr Atkins' Diet Revolution The High Calorie Way to Stay Thin Forever

This original book is the best. It may be old, but Dr. Atkins definitely knew what he was talking about. Lost 11 pounds and one size in just a month. I am never hungry, I feel better, and my cholesterol went down. After doing this "diet" for a month, I do not miss bread, potatoes, pasta, rice, sugar, etc... at all. I am so happy to have been able to find this book. It was a little worn. Spine fell apart when I first opened it. But it does not matter to me, because the contents are what I am most concerned with.

This is a 20 year revision of his original book, which I almost memorized. This one takes a slightly different approach and I would highly recommend it for newbies. For veterans, just get out that antique copy and read it again- then follow the instructions this time- all of them, especially the OWL section and the maintenance section! The new gram carbohydrate counter is good also. And if you are serious about healthy weight loss, by all means go to atkins.com, I think, and consider investing in several of the really exceptionally good tasting low carb products they make. I've lost 7 pounds in two weeks and have not been hungry once. I did have to take a potassium supplement because of leg cramps from potassium loss one night. Be SURE to take the supplements Atkins recommends

and do the blood work he recommends. There just isn't any other "diet" out there that tastes so good and works so effortlessly! I can do this!

If you are serious about losing weight and curing yourself of Type 2 diabetes, then read this book and follow Dr. Atkins' instructions. Eat sumptuously. The original book that turned the governments food pyramid on its head!

I ordered this old copy of the original Atkin's Diet after buying and reading several of the newer version. For me, and for my family, this old one is still the best. I have lived by it for years and just wanted a refresher course for my daughter. The diet worked in 1970 and it still works today. It's not so much a "diet" as it is a permanent change in eating habits. It's not difficult nor expensive, it's healthy, and it's effective!

I wanted the original plan so I could see what his original ideas were all about instead of what it has become...

I've read his book before and I'm ready for a refresher.

For those who want the "original" Atkins program this is it! This book contains all the tools you need to get started with Atkins.It even includes recipes to get you through "induction" Great book! I bought 2.

Was very happy with this book! It was in good condition for the age.

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