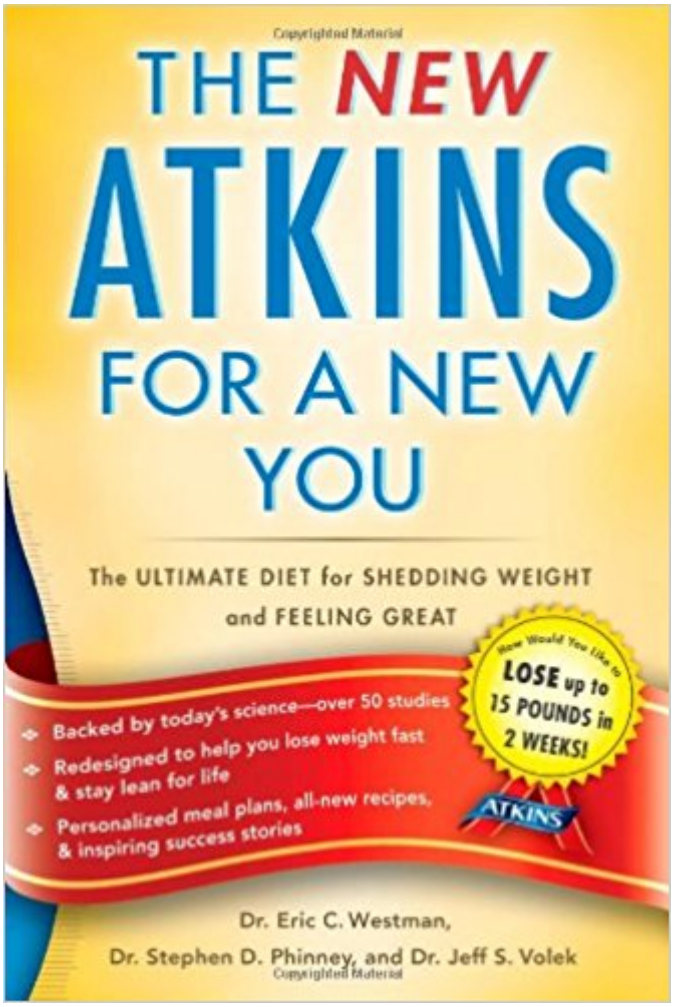
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New Atkins For A New You: The Ultimate Diet For Shedding Weight And Feeling Great.



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Synopsis

Think you know the Atkins Diet? Think Again. The New Atkins is... Powerful: Learn how to eat the wholesome foods that will turn your body into an amazing fat-burning machine. Easy: The updated and simplified program was created with you and your goals in mind. Healthy: Atkins is about eating delicious and healthy food -- a variety of protein, leafy greens and other vegetables, nuts, fruits, and whole grains. Flexible: Perfect for busy lifestyles: you can stick with Atkins at work, at home, on vacation, when you're eating out -- wherever you are. Backed by Science: More than 50 studies support the low-carb science behind Atkins. But Atkins is more than just a diet. This healthy lifestyle focuses on maintenance from Day 1, ensuring that you'll not only take the weight off -- you'll keep it off for good. Featuring inspiring success stories, all-new recipes, and 24 weeks' worth of meal plans, The New Atkins for a New You offers the proven low-carb plan that has worked for millions, now totally updated and even easier than ever.

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Customer Reviews

"For once, a book where the scientific facts outweigh the hype and where the results fulfill the promise. Once you have read the book, your diet and lifestyle will never be the same." -- Dr. William J. Kraemer, professor of kinesiology, University of Connecticut

Dr. Eric C. Westman is the Director of the Lifestyle Medicine Clinic at Duke University, the Vice President of the American Society of Bariatric Physicians, is on the editorial board of Nutrition and

Metabolism and has penned articles for numerous peer reviewed publications. He is an expert in low carb diets, diabetes and obesity, and insulin resistance.Ã Â Dr. Stephen D. Phinney is a Professor of Medicine Emeritus at UC-Davis. He is on the editorial board of the American Journal of Clinical Nutrition. He has twenty-five years of clinical experience as a director of multi-disciplinary weight management programs and has contributed to books and peer reviewed articles and is an expert in low carb nutrition and metabolism, fatty acids, inflammation, and the metabolic syndrome.Ã Â Dr. Jeff S. Volek is an Associate Professor of Kinesiology at the University of Connecticut. He is an associate editor at both The Journal of Nutrition and Metabolism and the Review of Diabetic Studies. He has contributed to numerous peer reviewed publications and is an expert on low carb diets, exercise and nutrition, weight loss and dieting, and dietary supplements.Ã Â

I have hesitated to write a review because I am one of the success stories in this book. However, in light of T. Colin Campbell's unprofessional attack on this book, I believe I must speak up to share my story and the good health that has resulted in my following the Atkins plan. I am nearly 65 years old and have struggled with weight all my life. I've been on many diets including a vegetarian one with little results in either weight loss or improved health. In fact, my health markers were getting worse, and I suffered from arthritis, dry skin and elevated tryglyceride levels. My blood pressure was borderline. Since following the plan outlined in this book, I have lost weight, my arthritis has improved substantially (particularly in my neck and shoulders) and my dry skin (which 2 dermatologists had diagnosed as rosacea) has disappeared. My tryglyceride level dropped remarkably, but more importantly my HDL (the good cholesterol) has gone up and my latest BP was 117/76. I used to wear a size 18 -- now I wear a 6 or 8. All of these results came from following the plan outlined in this book.What disturbs me further about T. Colin Campbell is that he has clearly put out a call to his vegan followers to come to the site and give bad reviews of this book, as he posted this nonsense on his webpage. I don't have a problem with their chosen lifestyle, but I do have a problem with the many deragatory posts that make it clear that they could not have read this book as they have no comprehension of its contents. Shame on them. Using the review system to grind their vegan axes should not be allowed.Contrary to their ravings, the Atkins diet recommends lots of vegetables, a conservative amount of dietary protein and good fats. All recommendations that are supported by recent science. Read Gary Taubes "Good Calories, Bad Calories" or the distinquished works of Dr. Mary Enig. T. Colin Campbell has used this review process to further his own agenda and has encouraged his minions to post here. They disparage the book as well as mouth urban

legend lies about Dr. Robert Atkins (a cardiologist, BTW). Anyway, read the book and make your own conclusions. Don't be led astray by these agenda-led and untrue attacks. This 65 year old feels 20-30 years younger!!

So fascinated by this book and the Atkins diet. However, I'm still reading this book. It has all the information you need to know about the Atkins diet, or just a low carb/high fat diet. It lists everything from the foods you can and cannot eat, all the way to actual Atkins success stories. I borrowed this book from my grandmother and liked it so much I bought one for my sister who has PCOS, which is a nasty metabolic disorder in women that affects hormones, fertility and insulin levels. Based off the many success stories with this diet and PCOS, I'm highly anticipating her results. I myself have lost 20 lbs in the last 2 months with this diet. I would highly recommend this book to anyone wanting to lose any amount of weight! The pounds are literally just melting off. Cliche, I know. The weight loss is so fast that in a matter of DAYS my stomach had shrunk (can attribute to gastric bloating or water weight loss) and my pant legs were looser on me. I can actually fit in a pair of skinny jeans I outgrew 2 years ago (Thank you baby weight. Sigh.). I used to roll my eyes when people would rant about losing weight because I thought that all diets were BS. I had heard of the Atkins diet years ago but upon mentioning it to my mother she quickly insulted the diet like many others before, and I never gave it a second thought. Then I met my husband and he introduced me to Atkins. He himself had results with a low carb diet and lost about 45 lbs. In the place of business I work at, I have a customer that frequently needs our services. After months and months of conversation he shares with me that he lost 96 lbs on the Atkins diet!! Truly amazing. If you don't buy the book, at least do your research.

OK, here's the deal for me. In September I realized I needed to lose around 50 pounds. I went for the low-fat, whole grain, portion control approach; and stuck to it pretty well. In more than seven months I lost 17 pounds and was miserable and frustrated the entire time. In less than two weeks on Atkins, I have lost 8 pounds, and have never felt deprived!I am in a situation where I end up eating out a lot. With my other diet, this just made me feel more frustrated. But on this plan, I feel like I can stick with it anywhere. If I'm in a high end place, it's all about the meat/fish and veggies anyway. And if it's a burger joint, I just skip the bun and the fries! The sodium doesn't seem to be an issue, surprisingly.For breakfast I have been making 2 egg omlettes with frozen veggies and cheese. Lunch is usually tuna or chicken salad on a bunch of greens/veggies. Dinner is some kind of grilled or broiled meet with asparagus etc. (I throw on some rice pilaf etc. for the rest of the family). I went

to Whole Foods today and saw the "prepared foods" section with a whole new eye! I didn't even want to stare at the pizza!One of the things that appealed to me most was that exercise is not a core part of this plan. I have a permanent disabling injury that prevents me from just about anything (beyond WII!). It was refreshing to not feel stigmatized for that.And I'm even cheating! Shoot me but I really enjoy a glass of wine when I'm done with my day, (or at least my driving). Generally an hour or so before I eat. I've kept that for my sanity the safety of my family. (It's only 4 to 5 carbs!) So I still have around 20 pounds to go. Which no longer sounds so daunting.Just losing 8 pounds feels great!I respect other people's right to choose, and right to write more mainstream diet books. And I hope that they will respect that I feel like I finally caught a break here!

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