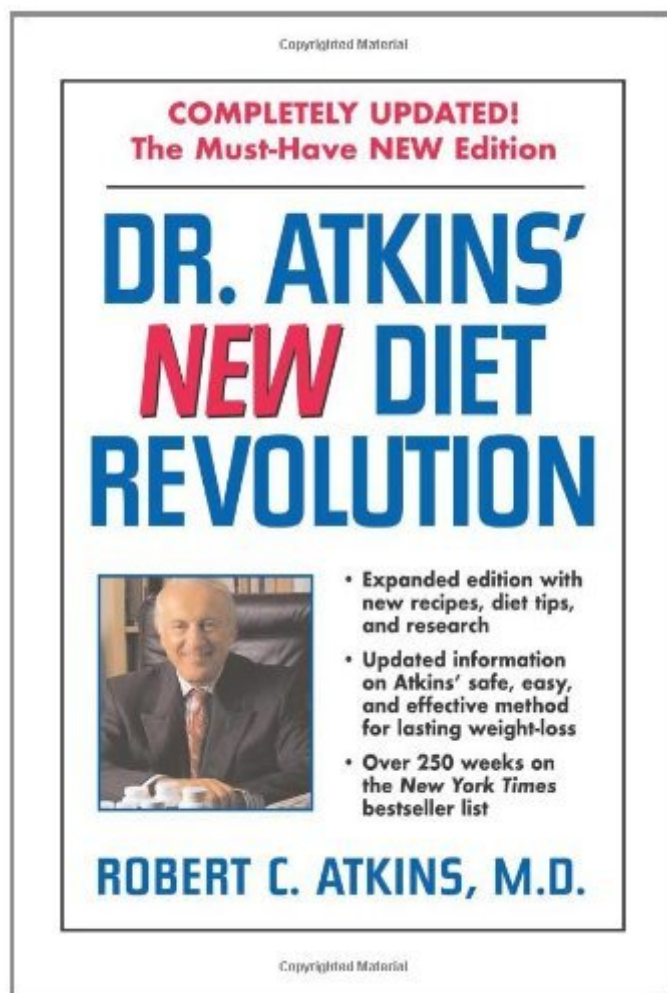


The book was found

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

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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! 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 of 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.

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