

Dr. *The New York Times*
Bestseller

Atkins'

Age-

Defying

Diet

Includes a
comprehensive
dietary, exercise,
and vitamin/mineral
program!

Founder of the Atkins Center for Complementary Medicine

Robert C.
Atkins, M.D.
with Sheila Buff

Robert C. Atkins and
Dr. Atkins' Age-Defying Diet



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Millions of people all over the world rely on Dr. Now he offers the next thing in health improvement-a powerful, anti-aging program utilizing his innovative dietary ideas, combined with the latest research on workout, vitamins, herbal products, hormones, and other products. Atkins' groundbreaking dietary advice-his amazing New Diet Revolution has topped the brand new York Instances bestseller list for pretty much four years! This secure, easy-to-follow regimen not merely fights age-related ailments like heart disease, tumor, arthritis, and diabetes, but dramatically improves the way we appear and feel as we age group. Atkins reveals:- How a low-carb, high-protein diet-rich in both organic and supplementary antioxidants-can significantly boost your immunity- Effective methods to decrease free of charge radicals and increase blood circulation to the brain-the essential to enhancing mental functioning and memory- How to stabilize blood sugar levels to significantly reduce the chance of coronary disease and adult-beginning point diabetes- Why hormones keep us young-and how to prevent hormone decline that comes with aging- Essential ways to cleanse the body of parasites and other toxins- And many other ways to remain healthy, fit, energetic, and young! In this indispensable age-defying guide, Dr.



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Defeating later years by lowering carb intake Good book that gives dietary tips for staving away old age. Buy his books and spend time learning .Disregard the rest of the get rich quick diet books on the market today. and really enjoy the references and the explanations which are based on .. Wish there were a thousand more exactly like this! This is so well crafted, I'm an M.D.and enjoy the references and the explanations which are based on facts. Five Stars packed with super-useful and incredibly digestible information on the bio-chemical processes. I usually was impressed by Dr Atkins understanding and zeal in explaining the Atkins Diet plan.Buy his books and spend time learning how exactly to eat and become healthy. Appreciate all of the knowledge and details received out of this book.. His books include a sensible and healthy way to eat and feel and look better. He switches into scientific explanations for the nutritional related medical complications and how we can correct them by consuming the right things... Tops!His books include a sensible and healthy method to eat and feel and look better. How can I thank you? I took off one superstar because this publication is essentially the very same materials as all his other books, specifically, his low carb diet plan. Five Stars it's my health bible. Book is fine, tells what you wNt to know Book is okay , tells everything you wNt to learn about Five Stars It has taught me alot.



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