

# THE **NEW** ATKINS FOR A NEW YOU

The **ULTIMATE DIET** for **SHEDDING WEIGHT**  
and **FEELING GREAT**

- Backed by today's science—over 50 studies
- Redesigned to help you lose weight fast & stay lean for life
- Personalized meal plans, all-new recipes, & inspiring success stories



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## New Atkins for a New You: The Ultimate Diet for Shedding Weight and Feeling Great.



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Think you know the Atkins Diet? RECONSIDER.. THE BRAND NEW Atkins is.. Powerful: Learn to consume the wholesome foods that will turn the body into an amazing fat-burning machine. This healthful lifestyle targets maintenance from Day 1, ensuring that you'll not only take the weight off -- you'll keep it all off for good. Healthy: Atkins is about eating delicious and healthy food -- a number of proteins, leafy greens and other vegetables, nuts, fruits, and wholegrains. But Atkins is more than just a diet plan. Backed by Science: More than 50 studies support the low-carb science behind Atkins. Flexible: Perfect for active lifestyles: you can stick to Atkins at work, at home, on vacation, when you're eating out -- wherever you are. Easy: The updated and simplified program was made with you and your goals at heart. Featuring inspiring success stories, all-new recipes, and 24 weeks' worth of food plans, The New Atkins for a New You supplies the proven low-carb plan which has worked for thousands, now totally updated and even easier than ever before.



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Choose the book, Atkins can transform your life So fascinated with 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 plan. cholesterol issues This works. A1C dropped from 5. Lot easier to follow and stick to it. I myself possess lost 20 lbs in the last 2 a few months with this diet. I would recommend this book to anyone attempting to lose any quantity of weight! The pounds are actually just melting off. Cliche, I understand. The weight loss is indeed fast that in just a matter of DAYS my stomach got shrunk (can attribute to gastric bloating or water weight reduction) and my pant hip and legs had been looser on me. I could actually match in a couple of skinny denims I outgrew 24 months ago (Thank you baby weight. Sigh. Started Atkins again June 1, 2017. And this is a updated book. I've been on many diets including a vegetarian one with little results in either excess weight loss or improved wellness. Then I met my husband and he released me to Atkins. He himself got results with a minimal carb diet and lost about 45 lbs. So far for me it really is operating great. After weeks and months of conversation he shares with me that he dropped 96 lbs on the Atkins diet! This 65 year old feels 20-30 years younger! Truly amazing. Unless you buy the book, at least research your facts. The most recent and best science I have hesitated to create an assessment because I am one of the success stories in this book. However, in light of T. Colin Campbell's unprofessional strike on this reserve, I believe I have to speak up to share my tale and the nice health that has resulted in my following Atkins plan. But very informational. I experienced heard about the Atkins diet years ago but upon mentioning it to my mother she quickly insulted the dietary plan like many others before, and I under no circumstances gave it a second thought. Actually, my health markers were getting worse, and I suffered from arthritis, dry epidermis and elevated tryglyceride levels. Read Gary Taubes "Great Calories, Bad Calories" or the distinguished functions of Dr. Anyway, browse the book and make your personal conclusions. Even so, I wanted to lose a little excess fat. Mary Enig. Colin Campbell has used this review process to further his personal agenda and has motivated his minions to post here. Still, it's a good book, for me. Colin Campbell is normally that he has obviously put out a contact to his vegan supporters to come quickly to the Amazon site and present bad reviews of the publication, as he submitted this non-sense on his web page. Trudge through it and you will learn to do the program. Shame on them. Using the Amazon review program to grind their vegan axes shouldn't be allowed. Contrary to their ravings, the Atkins diet plan recommends plenty of vegetables, a conservative quantity of dietary protein and good fats. Then my fat crept up. My blood circulation pressure was borderline. I used to put on a size 18 – now I wear a 6 or 8. It was nuts! Most of these results came from following the plan outlined in this reserve. They disparage the publication as well as mouth urban legend lies about Dr. Robert Atkins (a cardiologist, BTW). Since following plan outlined in this publication, I have lost fat, my arthritis provides improved substantially (particularly in my own neck and shoulders) and my dry pores and skin (which 2 dermatologists experienced diagnosed as rosacea) offers disappeared. Don't be led astray by these agenda-led and untrue episodes!! Solved my fat & It lists from the foods you can and cannot eat, all the way to actual Atkins success stories. I did Atkins in 1998, dropped 30 lbs and held it off for ten years. All suggestions that are backed by recent science. I do view my cal intake aswell but can eat lot more than on zero fat diet plan.). On July 15, 2017 I had my values tested again, merely to be sure Atkins actually worked well. Result HDL CHOLESTEROL 41, TRIGLYCERIDES 102, LDL-CHOLESTEROL 98. I borrowed this book from my grandmother and enjoyed it so much I bought one for my sister who has PCOS, which is a nasty metabolic disorder in females that affects hormones, fertility and insulin amounts. 7 to 5.5 in 6 weeks. All labs done at Quest labs. So that it definitely functions, and is easy to follow, BUT

you must have strict adherence and you must actually read the publication and refer back frequently, at least initially. Weight now back normal range, but still likely to lose 5 lbs further. A diet you will eventually lose weight on! I read this book 2 years back, and by following the steps closely, we had lost 50 Pounds in 3 months. T. I felt great! The publication was fun and easy to read, and really motivated me to sticking with it. What I enjoyed about any of it was I didn't have to browse through the whole lot all at once. Five Stars needed it Had the right info. It's a life style change! They tension that many in the book. Just okay . I plan on staying onto it from now own. That I appreciate. While there is absolutely no doubt that this is an endorsement because of this particular food program, rather than objective scientific research, the technology they present is pretty solid. I try to stay on the low side but don't obtain upset if I eat more. Speaking personally, I am in good health and my BMI (body mass index) is within acceptable limitations. My triglyceride level dropped remarkably, but more importantly my HDL (the good cholesterol) has gone up and my latest BP was 117/76. Third , plan, I've dropped 15 pounds and 2" off my waistline, and I've not felt hungry or deprived at all. I'm sold on learning more to create this a life style. The only reason I did not rate this 5 superstars is just that point - it is extremely good for those who are in the first to middle stages of weight reduction, but less useful for all those of us who are looking for ongoing maintenance. What disturbs me further about T. Very readable and incredibly informative. If you get back to eating your old methods, you will gain your bodyweight back very quickly! I liked this publication too I liked this publication too. Great reserve and great diet. I switched from a minimal fat diet plan to Atkins. And for once in my own life I have browse a few books onto it and following it to the t. It says in the beginning you can skip to the stage part but recommend reading entire book I read everything the way through stage 1. Can say I am on week 2 and I've lost about 10 lbs more. I think by the end of week 2 I will have lost the 14 or near it. Great resource for somebody wanting a low-carb diet plan This book updates Robert Atkins' original book with updated science. I used to roll my eyes when people would rant about slimming down because I thought that all diet plans were BS. Structured off the countless success stories with this diet and PCOS, I'm extremely anticipating her results. And you have lots of choices. And plant good foods to consume. May 30, 2017 my annual bloodwork showed triglycerides of 290, LDL 68, HDL 29. As a researcher (in a different field) myself, I chased down some of their references, and every one I checked was pretty represented in the reserve. In the place of business I just work at, I possess a person that frequently needs our services. Not exciting Boring read it's such as a math text book Covers the important stuff Extremely boring read. I am almost 65 years older and have struggled with pounds all my life. I don't have a problem with their chosen lifestyle, but I do have a problem with the countless derogatory posts that make it clear that they cannot have read this publication as they have no comprehension of its contents. It's hard to keep in mind to put useful tips in it. I love to maintain up with all new articles about meals and how exactly it affects our wellness. I could browse up to where I put into action the diet, and adhere to that chapter until I transferred through the various phases... This book has the right information for people who want to go low carb but could find traditional low carbohydrate and ketogenic plans to be too restrictive. I'm glad I acquired it because I am on a ketogenic diet plan and at that time I really was struggling and attempting to decide whether I wished to remain on a ketogenic diet plan or try just a traditional low carbohydrate diet that has been modified to permit me to have a few more of things that I've had to stop. But, the design of the book is not the most beautiful or appealing. There very little pictures and the food plan section, although thoroughly thought-out, doesn't seem like the most fun or exciting plan to follow for someone who is really searching for a bit of motivation. It isn't a bad book. It has some

very nice information. And one day, if I obtain sick of following a ketogenic plan, I might try a few of the suggestions, guidelines, and meal plans in this reserve. But so far as low carbohydrate and ketogenic books proceed, I can't honestly say that it is the best or most engaging. And perhaps, I just feel this way because I stuck it out on the ketogenic strategy and I'm really beginning to obtain the hang of it and like it. Better to become well-versed in the principles so you can .. Easier to become well-versed in the principles so you can make your own appealing eating choices. Perhaps beneficial to the beginner who does who do not desire to understand the choices they face..



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