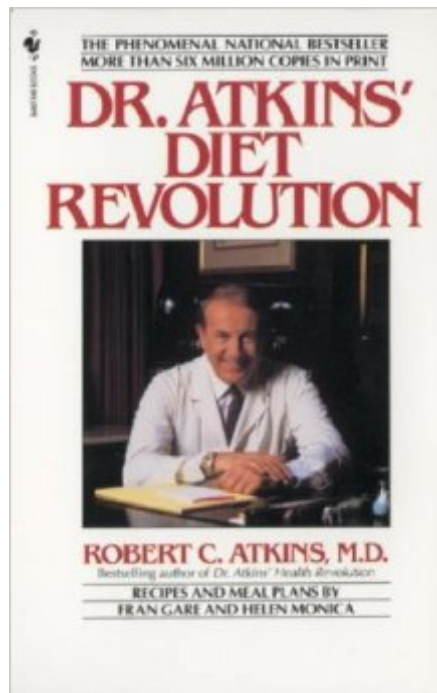


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Dr. Atkins's Diet Revolution: The High Calorie Way To Stay Thin Forever



Book Information

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Customer Reviews

I went on the Atkins diet 2 years ago, for about 5 months, and lost 25 pounds. I never felt better; my headaches went away, fatigue during the day was gone, I was able to wake up earlier in the morning. I need to lose 25 more pounds to be at my college weight. Even after I stopped the diet, and ate a lot more carbs, my weight loss remained. I noticed as I added back more carbohydrates, that many old symptoms returned. I am back on the more restricted part of the diet again because I want to lose the rest of the weight. I will say that you eat a moderate amount of protein, vegetables, fish, good oils, and I think it is a balanced, long-term diet that can work for many of us. Once you reach your weight loss goal, you add back in a lot more carbohydrates, all in the form of healthy vegetables, nuts, seeds, and moderate amounts of fruit, bread, etc. I have two friends who lost 40 pounds (him) and 60 pounds (her) on this diet, their blood pressure normalized, and their cholesterol count actually went from high to normal in 6 months. I have another friend who told her doctor she was going on the diet, he warned her not to. In three months she came back, her blood pressure was almost normal, after being very high, and she felt better than she had in years. Her doctor told her to keep doing whatever she was doing, because it was working. Another friend went on the high carb/ low fat diet. She did lose at first, but was hungry all the time and gained the weight back and more when she went off of it. There are people who do well on this kind of low-fat, high carb diet, and Atkins talks about this and why. No diet is for everyone, each of our bodies are unique.

I have been through everything.... low fat, Optifast, cabbage soup, the Dean Ornish plan, and I can say unequivocally, that Dr. Atkins' diet is the only one that has given me such dramatic results, with a minimum of pain and suffering. I started Atkins about two months ago, weighing a huge amount (I'll never tell how much, but it was serious). I have stayed on induction for the past two months, pretty

much without falling off. It's not that I have such great will power...I don't. But I really have absolutely no craving for carbohydrates or sweets, this from a convinced dessertophile. The net result is that in two months, I've shed about 34 lbs and gone down four pant sizes. My goal weight is still far off, but I feel better than I have in years. For Atkins to work, you have to be pretty religious about it I think. I have not found induction at all restrictive, except that I do miss fruit, especially apples. I also have found that exercise is not an option with this diet...it's essential, as the Dr. claims. The combination is more effective than diet or exercise is alone. Between the two, the health benefits of this lifestyle have been enormous. I had a blood workup done about 6 weeks into the program and it was excellent. My cholesterol was down fewer than 200 for the first time in 12 years, my heart rate was a healthy 72, and my cardio health was excellent. There are things to watch out for on this diet. The water-drinking requirement should not be taken lightly. It flushes out the kidneys, which is pretty important in a low carb diet. Also, forcing yourself not to cheat is also pretty important. The yoyo effect of a dessert on the weekend can be pretty tough...it's as if you are starting and stopping a diet over and over again and that's tough on your body.

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