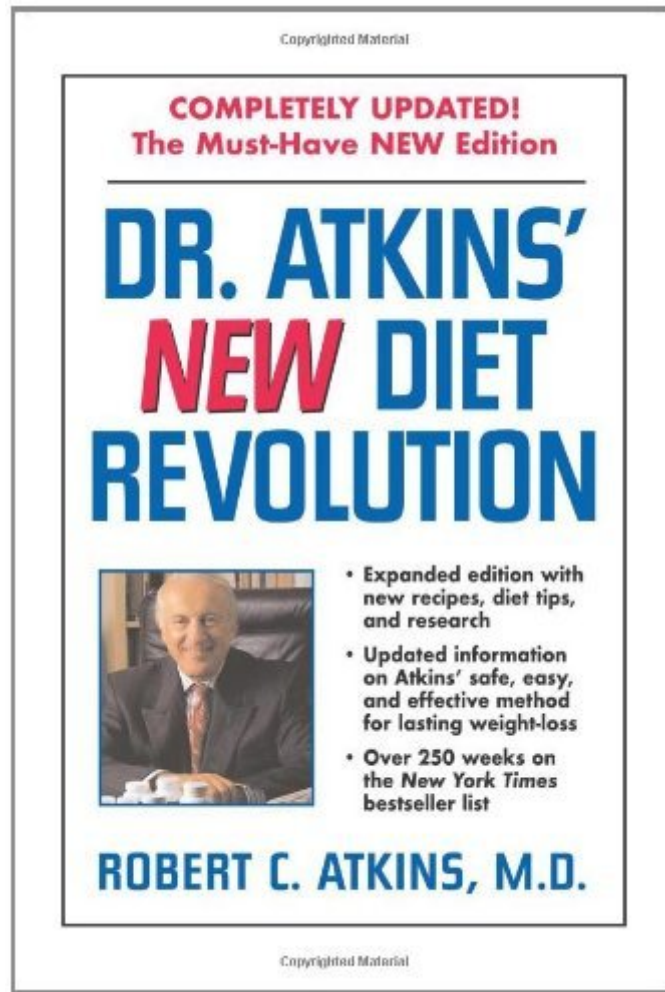


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# Dr. Atkins' New Diet Revolution, Revised Edition



## 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

File Size: 3140 KB

Print Length: 442 pages

Publisher: M. Evans & Company; 3 Sub edition (July 29, 2002)

Publication Date: May 31, 1992

Language: English

ASIN: B004HINCLK

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #190,443 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #27

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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! I 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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