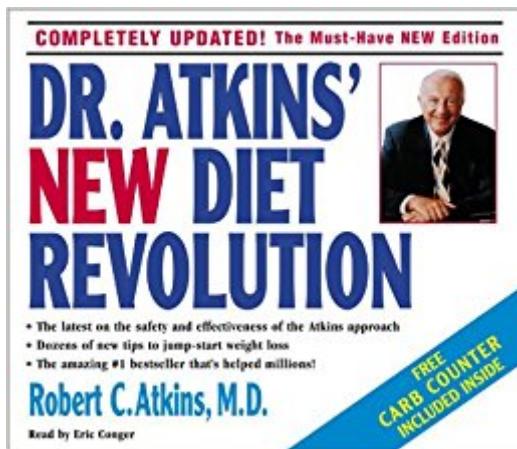


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# Dr. Atkins' New Diet Revolution CD



## **Synopsis**

Weight Loss, Weight Maintenance, Good Health and Disease Prevention Through the Atkins Nutritional Approach. Dr. Atkins' New Diet Revolution has helped millions lose weight and get healthy. Now the world's #1 diet and complementary medicine expert has updated his proven program for a new century -- offering essential new information based on scientifically supported controlled carbohydrate principles. The updated New Diet Revolution includes: All you need to know to achieve permanent weight loss and a lifetime of well-being Brand-new case studies The very latest scientific research! With Dr. Atkins' New Diet Revolution, you can eat the delicious meals you love and kick-start your metabolism so that you burn fat for energy. You can reduce the risk factors associated with certain major health problems, including cardiovascular disease and diabetes. Atkins will help you re-energize your life by rebalancing your nutrition so that you look good, feel good, lose weight and keep it off. A carbohydrate counter is included. Read by Eric Conger.

## **Book Information**

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Best Sellers Rank: #2,869,422 in Books (See Top 100 in Books) #5 in Books > Books on CD > Authors, A-Z > ( A ) > Atkins, Robert C. #281 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Atkins Diet #1441 in Books > Books on CD > Health, Mind & Body > General

## **Customer Reviews**

Designed to catapult your body into a state of fat meltdown, Dr. Atkins's diet has taken America by storm. It targets insulin, the hormone that regulates blood sugar levels. The bodies of most overeaters are continually in a state of hyperinsulinism; their bodies are so adept at releasing insulin to help convert excess carbohydrates to fat that there's always too much of the hormone circulating through the body. This puts the body into a bind; it always wants to store fat. Even when people with hyperinsulinism try to lose weight--especially when they cut fat but increase carbohydrate

consumption--their efforts will fail. This is why Dr. Atkins refers to insulin as "the fat-producing hormone." Dr. Atkins's diet is extremely low in carbohydrates, which helps to regulate insulin production and decrease circulating insulin; less insulin soon results in less fat storage and fewer food cravings. The diet is far from torturous, though--those who've tried it attest that hunger is not a part of this plan. Ninety percent of Dr. Atkins's patients--more than 25,000 of them--have experienced dramatic weight loss. The book includes recipes for such luscious, low-carb dishes as lobster soup, zabaglione, sea bass, and blueberry ice cream, and even includes a carbohydrate gram counter and menus. --This text refers to an out of print or unavailable edition of this title.

"The most famous low-carb regime of all" The Times --This text refers to an out of print or unavailable edition of this title.

After reading his book, I found that his theories made sense. I tried it for a couple of days, but was tempted by carbohydrates when eating out and accidentally got off of ketosis. I didn't lose any weight but found that I didn't gain any either, even after eating A LOT of fats & meat, etc. I am now switching to Larry North's Living Lean Diet, his concept is almost the same but carbos are permitted at first. Just started...so I will see how that goes. If anyone has a good experience with a diet, pls feel free to email me

Such a classic for low-carb, it's nice to have it in e-book form as a reference!

Thank you! Book is in pretty good condition. I'm satisfied. Good Seller.

Nothing in the advertisement or on the CD case does it say this is just excerpts from the book. It only goes up to chapter 22, what about 23-27. I can see not listing the receipes but to leave those 4 chapters of info out? Not acceptable. The CD does not go Track and Chapter, it just goes forward reading and doesn't mention which chapter it is on that is being read. So to find an area you want to hear again, you have to guess. Very poor track management. I love the program and I have lost 50 lbs and healthy, I have the book, and so I know what this CD is leaving out.

Dr. Atkins New Diet Revolution is a book that puts you on a diet that really works. Dr. Atkins first wrote about his diet in the early 70's. I tried the diet and lost 15 pounds in the first two months. But then life took over, and being young and Italian, there was no way I was passing up bread, pasta

and pizza. Fast forward thirty five years later. My weight had ballooned up to 235 pounds, even though I was working out at the gym 5-6 days a week. I met a friend at the gym who had obviously lost a lot of weight. I asked him how he did it. "Try the Atkin's Diet," he said. "I've lost 35 pounds in 6 months." That's all I had to hear. So I picked up a copy of Dr. Atkins New Diet Revolution - 3rd Edition, and started the diet on December 27, 2009. The first two weeks are the hardest. You have to go through the "Induction Phase," which is a 14-day period where you limit yourself to no more than 20 grams of carbs a day. This is not as hard as it seems, since there are so many foods with zero carbs, like chicken, pork, fish and beef. The trick is to cook with oil, or a cooking spray like Pam, which also has zero carbs. Butter is OK too. Even though all pure alcoholic beverage have zero carbs too, they tell you to drink any liquor during the Induction Phase, because it raises your blood sugar, which stunts weight loss on this diet. During the Induction Phase, your body goes into the state of Ketosis, which allows your body to burn fat at a higher rate. I conveniently tossed this rule out the window, and had one very dry vodka martini every night before dinner and one cognac right before bed. I still lost 10 pounds in the first two weeks. During the next three Phases: Ongoing Weight Loss, Pre-Maintenance and Lifetime Maintenance, you gradually increase your carb intake per day, peaking at 60-70 grams a day, according to your metabolism. By the middle of April, I had lost 25 pounds and got to my desired weight of 210. And I've kept this weight off, give or take a pound or two, for the next seven months, which takes us to today. The reason why I love this diet is because it's the only diet I know of where you can imbibe a few cocktails a day and still lose weight. The trick is, no mixers, except water, club soda, or diet soda. Wine is a little tricky, since red wine averages 5 carbs a glass, and white wine 3 carbs a glass. So on Lifetime Maintenance, a glass or two of wine won't kill your diet, but don't drink more than that. As for beer, I was never a beer drinker, but Michelob Extra Light is only 1.9 grams per 12-ounce bottle. Bud and Miller also make a very low carb light beer. Even though I lost my desired weight, I will never go off the Atkins Diet completely. Once a month, I'll have a slice of pizza. And once a month I'll eat a portion, or two of Dreamfields Pasta, which you can buy at any large food store. But I pretty much stick to a diet of meat, fish, poultry, pork, eggs, bacon, cold cuts like ham, a few nuts, some cheese, green vegetables and tomatoes. But no fruits or fruit juices, which are high in carbs (some wise guy may say tomatoes are a fruit, but not to me). The bottom line, if you can forgo bread, deserts, pizza, and other foods high in carbs, like corn and carrots, the Atkins' Diet is one where you'll never go hungry. And how many other diets can you make that statement about?...]

My cholesterol levels have been going up for the past 6+ years. I knew I needed to change my diet.

I was also 35lbs over weight and again I knew I needed to change the way I ate. I didn't want to go the low fat route. I didn't have it in me to eat like that. My mom had been on the Atkins diet back in the 70's and 80's. I was aware of what you could eat, lots of good food! So when I was ready (think doctor wanting you on med to lower your cholesterol) I knew I 'd lose weight and lower my cholesterol the Atkins way. I purchased several of his books and jumped in with both feet. My start date was 1/13. Within months I had lowered my cholesterol enough for the doctor to say no meds. By the end of 20013 I had also lost 35lbs. The weight didn't just drop off over night. It took all 12 months. I wasn't one of the blessed people who lost 10lbs in the induction phase but I knew I was eating healthy and kept with it. Even when I didn't lose a pound in 30 days. Eventually the weight came off, slowly for me. I believe the late Dr. Atkins was way ahead of his time. Now you see so many low carb diets (although they won't admit they are low carb) out there all saying what Dr. Atkins has been saying for years. Eat healthy fats and eat your veggies. The Atkins lifestyle is not all about bacon and butter but eating healthy and a variety of veggies. I love eating my eggs with sauteed veggies, cream in my coffee, and a rib-eye steak with sauteed veggies for supper. I have given up most grains and don't even miss them. I also enjoy cottage cheese sweetened with Stevia and mixed with some sort of berries. Either fresh or frozen. I have learned how to make a variety of healthy desserts for my family, like chocolate cake, pumpkin cheesecake pie, and coconut-blueberry muffins. I love using coconut flour, almond flour, coconut milk, cream, coconut oil, etc. for baking and making my 'bread' like food. I can eat out with family and friends and not look like I'm on a 'diet' :) Not only have I lost weight, lowered my cholesterol, but my skin look so much healthier. I have had so many compliments about my skin and hair. Speaking of hair, I don't use shampoo with chemicals. I use raw honey and other foods to wash and condition my hair. I use coconut oil as a leave in conditioner. All that to say that I'm so thankful to Dr. Atkins for his books and inspiring me to eat healthier but also live healthier via using less chemicals. I no longer purchase cleaners and such but make my own. My whole family has benefited from Atkins. Yay!

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