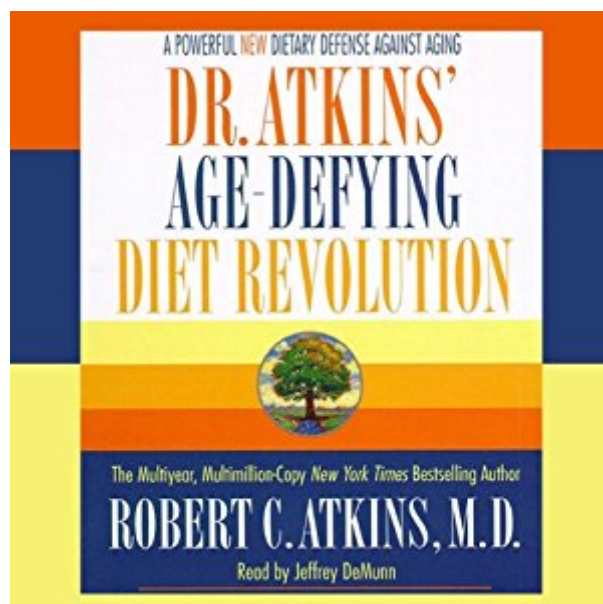


The book was found

Dr. Atkins' Age-Defying Diet Revolution



Synopsis

Millions of people around the world rely on Dr. Atkins' groundbreaking dietary advice-his amazing New Diet Revolution has topped the New York Times bestseller list for nearly four years! Now he offers the next step in health improvement-a powerful, anti-aging program utilizing his innovative dietary ideas, combined with the latest research on exercise, vitamins, herbs, hormones, and other supplements. This safe, easy-to-follow regimen not only fights age-related illnesses like heart disease, cancer, arthritis, and diabetes, but dramatically improves the way we look and feel as we age. In this indispensable age-defying guide, Dr. Atkins reveals:- How a low-carb, high-protein diet-rich in both natural and supplementary antioxidants-can significantly boost your immunity- Effective ways to decrease free radicals and increase blood flow to the brain-the key to enhancing mental functioning and memory- How to stabilize blood sugar levels to greatly reduce the risk of cardiovascular disease and adult-onset diabetes- Why hormones keep us young-and how to prevent hormone decline that comes with aging- Essential ways to cleanse your body of harmful bacteria and other toxins- And many other ways to stay healthy, fit, energetic, and young! --This text refers to an out of print or unavailable edition of this title.

Book Information

Audible Audio Edition

Listening Length: 3 hours

Program Type: Audiobook

Version: Abridged

Publisher: Simon & Schuster Audio

Audible.com Release Date: August 11, 2000

Language: English

ASIN: B0000547H6

Best Sellers Rank: #96 in Books > Health, Fitness & Dieting > Aging > Diets & Nutrition #139 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Atkins Diet #455 in Books > Audible Audiobooks > Health, Mind & Body > Health

Customer Reviews

For someone who was brought up believing that the way to dietary health and happiness was to avoid red meat, eggs, butter and saturated fats, and to load up on complex carbohydrates and use margarine, Dr. Atkins' ideas are indeed a revolution. In an incisive and extremely confident style, Dr. Atkins sets out what he believes are the components of a healthy diet for those of us past, say, fifty.

First, "eat foods low in carbohydrates and high in antioxidants" (p. 277). These would be especially vegetables like kale, carrots, spinach, broccoli, etc. Second, eat natural fats and oils from butter, meat, fish, eggs, nuts and olive oil, and avoid all "trans fats" or highly processed fats in general. In fact, avoid highly processed foods of all kinds. Third, supplement your diet with what he calls "vitanutrients," i.e., vitamins like A, B, C, E etc. and minerals like zinc, calcium, etc., hormones like DHEA and melatonin, etc., and food supplements like ginseng, ginkgo biloba, etc. Atkins himself is a medical doctor who practices alternative and complementary medicine. He is an enterprise himself with his many best-selling books and his Atkins Center for Complementary Medicine. When I first heard about him and his all protein and vegetable diet some years ago, I figured he was the charlatan author of yet another fad diet, and I ignored his books. This one is the first I've actually read, and I must say immediately that he is certainly not a charlatan. He is obviously a man who knows as much about diet as anyone could hope to know. Whether he is entirely correct in his ideas is not something I am incapable of assessing; but I am willing to bet he is mostly right.

[Download to continue reading...](#)

Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) ATKINS: Atkins Diet Disaster: Avoid The Most Common Mistakes - Includes Secrets for RAPID WEIGHT LOSS with the Low Carb Atkins Diet (Atkins diet, Atkins ... diet, Paleo diet, Anti inflammatory diet) Atkins Diet for Beginners: The Atkins Diet Quickstart Guide to Rapid Weight Loss with 24 Quick and Easy Low Carb Atkins Recipes (Low Carb Diet, Atkins Diet for Beginners, Atkins Diet Cookbook) Atkins diet for rapid weight loss - Lose 5 lbs in Just 1 Week: atkins diet cookbook, atkins diet for rapid weight loss, atkins diet for beginners, atkins vegetarian Atkins Diet Rapid Weight Loss: Atkins Diet Guide for Beginners - Lose Up To 30 Pounds in 30 Days (Atkins Diet Books, Atkins Diet Recipes, Diet Cookbook, ... Rapid Weight Loss, Low Carb, Weight Loss)) Atkins Diet: The Ultimate Guide to Atkins Diet - How To Lose Weight Fast Using Atkins Low Carb Diet (atkins diet, low carb diet) Atkins Diet: Atkins Diet For Diabetes-Low Carb High Protein Diet To Lower Your Blood Sugar & Lose weight-14 Day meal plan-42 Recipes (Atkins Diet Quickstart ... Diet,diabetes,reverse type 2,atkins) ATKINS: Atkins Diet - A 14-Day Atkins Diet Plan For A Simple Start (A Guide To The Atkins Diet Plus A Diet Plan To Achieve Your Weight Loss Goals) The Complete Atkins Diet Plan Book: The Atkins Diet Book and Atkins Diet Plan. Also Includes Atkins Diet for Beginners ATKINS: The Ultimate ATKINS Diet Recipes!: Atkins Diet: Top Atkins Diet Recipes for Beginners Atkins Diet

Recipes Under 30 Minutes: Over 30 Atkins Recipes For All Phases (Includes Atkins Induction Recipes) (Atkins Diet Cookbook) (Volume 1) Atkins Diet Recipes Under 30 Minutes: Over 30 Atkins Recipes For All Phases (Includes Atkins Induction Recipes) (Atkins Diet Cookbook) (Volume 2) Atkins Diet Recipes Under 30 Minutes Vol. 2: Over 30 Atkins Recipes For All Phases & Includes Atkins Induction Recipes (Atkins Diet Cookbook) Dr. Atkins' Age-Defying Diet Revolution Atkins Diet For Beginners: LOW CARB DIET: Secrets To Weight Loss The Healthy Way (Atkins Diet Carbohydrate Gram Counter With Cookbooks And Recipes ... (Atkins Low Carb Weight Loss Diet) (Volume 1) ATKINS DIET FOR BEGINNERS: LOW CARB DIET: Secrets To Weight Loss The Healthy Way (Atkins Diet Carbohydrate Gram Counter With Cookbooks And Recipes Included!) (Atkins Low Carb Weight Loss Diet Book 1) ATKINS DIET FOR BEGINNERS: A Comprehensive Quickstart Guide To Kickstart Your Own Atkins Diet For Permanent Weight Loss and A Healthier New You (Atkins Low Carb Weight Loss Diet Book 1) ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You (Atkins Low Carb High Fat Diet Weight Loss Guide, Diet for Rapid Weight ... Atkins Weight Loss Guide for Beginners) Atkins Diet For Beginners: A Comprehensive Quickstart Guide To Kickstart Your Own Atkins Diet For Permanent Weight Loss and A Healthier New You (Atkins Low Carb Weight Loss Diet) (Volume 1)

[Dmca](#)