

# [PDF] Dr. Atkins' New Diet Revolution

**ROBERT C. ATKINS - pdf download free book**

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#### **Books Details:**

Title: Dr. Atkins' New Diet Revoluti

Author: ROBERT C. ATKINS

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#### **Description:**

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 alternate edition.

**From Publishers Weekly** Twenty years after publication of his bestselling *Diet Revolution*, Dr. Atkins is back and ready to raise a new ruckus. Once again, he contends that weight gain has little to do with fat intake; indeed, he will demonstrate "how much fat you can burn off, while eating liberally, even luxuriously."<sup>79</sup> He encourages dieters to revel in traditional sources of protein like red meat, and to eat eggs and bacon for breakfast<sup>82-3</sup>. Rapid weight loss, he promises, will be achieved through his 14-day "induction" diet, in which almost all carbohydrates are virtually banned from the table, forcing the body to go into a fat-burning metabolic state called ketosis. He still urges broad-based vitamin supplements to take up any nutritional slack. So what's changed in 20 years? Atkins says he now is more interested in "complete wellness" than in dropping pounds quickly; he stresses that the "induction" is not to be considered a lifetime regimen unless, of course, the dieter has particularly stubborn "metabolic resistance." Readers of his last book may notice some defensiveness--two decades of criticism clearly have taken their toll. Nonetheless, there is enough of the old Atkins to make this the most arrogant diet book to appear in a long while. sic, ital " I hope to amaze you ," he writes, " as I amazed millions of dieters in the past ." And that's when he's in his modest mode. 75,000 first printing; Literary Guild alternate. Copyright 1992 Reed Business Information, Inc. --This text refers to the edition.

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