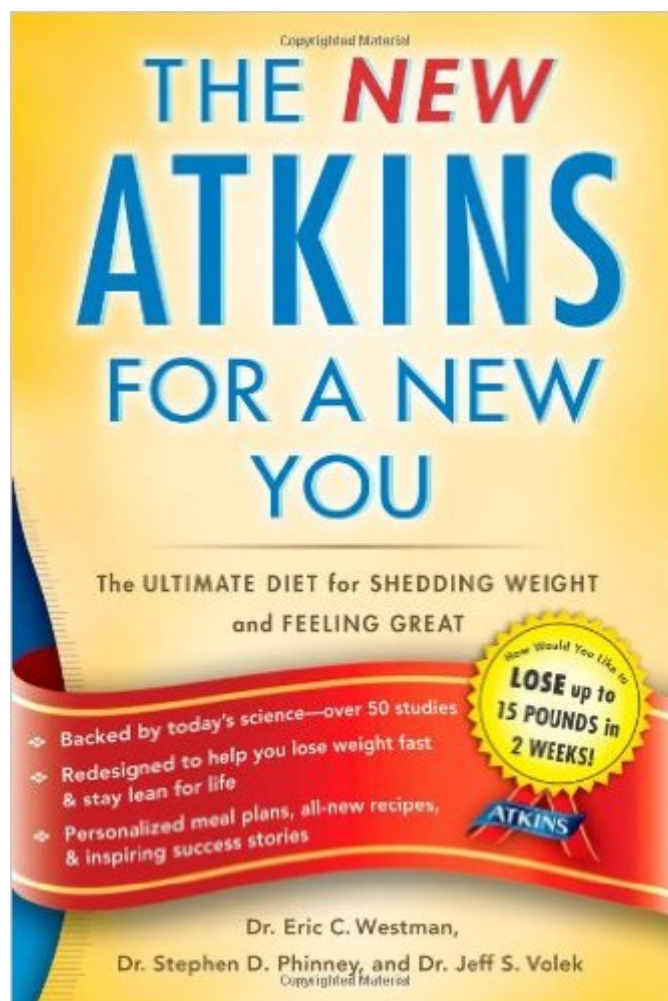


The book was found

New Atkins For A New You: The Ultimate Diet For Shedding Weight And Feeling Great.



Synopsis

Think you know the Atkins Diet? Think Again. The New Atkins is... **Powerful:** Learn how to eat the wholesome foods that will turn your body into an amazing fat-burning machine. **Easy:** The updated and simplified program was created with you and your goals in mind. **Healthy:** Atkins is about eating delicious and healthy food -- a variety of protein, leafy greens and other vegetables, nuts, fruits, and whole grains. **Flexible:** Perfect for busy lifestyles: you can stick with Atkins at work, at home, on vacation, when you're eating out -- wherever you are. **Backed by Science:** More than 50 studies support the low-carb science behind Atkins. But Atkins is more than just a diet. This healthy lifestyle focuses on maintenance from Day 1, ensuring that you'll not only take the weight off -- you'll keep it off for good. Featuring inspiring success stories, all-new recipes, and 24 weeks' worth of meal plans, The New Atkins for a New You offers the proven low-carb plan that has worked for millions, now totally updated and even easier than ever.

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Best Sellers Rank: #791 in Books (See Top 100 in Books) #1 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Atkins Diet](#) #1 in [Books > Medical Books > Basic Sciences > Physiology](#) #2 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb](#)

Customer Reviews

I have hesitated to write a review because I am one of the success stories in this book. However, in light of T. Colin Campbell's unprofessional attack on this book, I believe I must speak up to share my story and the good health that has resulted in my following the Atkins plan. I am nearly 65 years old and have struggled with weight all my life. I've been on many diets including a vegetarian one with little results in either weight loss or improved health. In fact, my health markers were getting worse, and I suffered from arthritis, dry skin and elevated tryglyceride levels. My blood pressure was borderline. Since following the plan outlined in this book, I have lost weight, my arthritis has

improved substantially (particularly in my neck and shoulders) and my dry skin (which 2 dermatologists had diagnosed as rosacea) has disappeared. My triglyceride level dropped remarkably, but more importantly my HDL (the good cholesterol) has gone up and my latest BP was 117/76. I used to wear a size 18 -- now I wear a 6 or 8. All of these results came from following the plan outlined in this book. What disturbs me further about T. Colin Campbell is that he has clearly put out a call to his vegan followers to come to the site and give bad reviews of this book, as he posted this nonsense on his webpage. I don't have a problem with their chosen lifestyle, but I do have a problem with the many derogatory posts that make it clear that they could not have read this book as they have no comprehension of its contents. Shame on them. Using the review system to grind their vegan axes should not be allowed. Contrary to their ravings, the Atkins diet recommends lots of vegetables, a conservative amount of dietary protein and good fats.

Having eaten a low carb diet for nearly fifteen years now, (spending much of my time coming up with low carb recipes 1001 Low-Carb Recipes: Hundreds of Delicious Recipes from Dinner to Dessert That Let You Live Your Low-Carb Lifestyle and Never Look Back) with nothing but great health to show for it, I'm a huge fan of Dr. Atkins. Having met Dr. Eric Westman, and followed his research for the past several years, I'm a huge fan of his, too. New Atkins For a New You is a more than worthy successor to Dr. Atkins New Diet Revolution. How does New Atkins For A New You differ from DANDR?* They've lost the focus on ketosis. Oh, you'll still go into ketosis if you eat the way they tell you, and that's a good thing -- it means you're running a fat-burning rather than a glucose-burning metabolism. It also feels great -- high energy, suppressed appetite, and a clear head. Great mood, too; ketosis makes me ebullient. But there's no peeing on ketostix. Ketostix told people less than they thought: They can tell you that you're burning fat, but they can't tell you if you're burning fat you just ate, or fat from your storage depots. And ketostix are expensive. Some people do find "turning purple" motivating, but this is a useful simplification.* They've incorporated the net carbs concept, as pioneered by Drs. Michael and Mary Dan Eades, instructing people to subtract fiber grams from total grams of carbohydrate. This makes for more vegetables from the get-go, since quite a lot of the carbohydrate in vegetables is in the form of fiber.

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