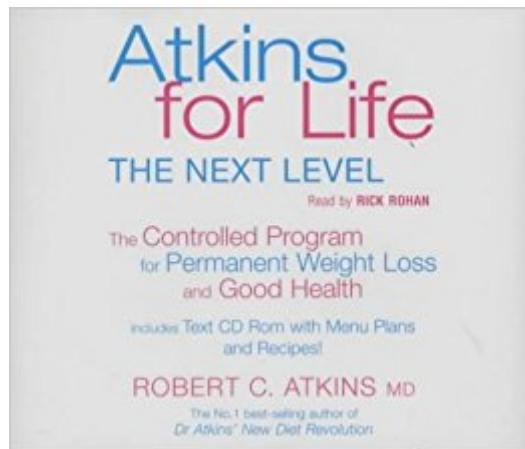


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# Atkins For Life



## Synopsis

Whether you've never tried Atkins, or you have but had difficulty "staying on" the plan, "Dr Atkins for Life" is for you. Filled with advice and tips on navigating the every-day challenges that come with eating low-carbohydrate in a high-carbohydrate world, the book provides a simple and straightforward maintenance program for anyone to follow. This book contains: 200 menu plans - over 6 months of menus with controlled carbohydrate counts; 125 recipes, including breakfasts, lunches and dinners; holiday meals and ethnic dishes; time-tested tips from those who've been there and won their battle with weight; and self-tests and quizzes to help you meet and stay with your goals.

## Book Information

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## Customer Reviews

It is bread and not butter that is the enemy in Dr. Atkins's popular and controversial low-carbohydrate/high-fat diet. In *Atkins for Life*, he continues his decades-long crusade against low-fat eating. Atkins argues that low-fat meals are high-carbohydrate missiles, causing the body to produce excess insulin, which then produces fat, slows down metabolism, and tips the scale. Instead, he urges readers to stop counting calories and fat grams and start counting carbs to rev up their metabolism and burn fat as an energy source. The question of whether "ketosis," the fat meltdown he advocates, is healthy or harmful is a central question of this sequel to the bestselling Dr. Atkins' New Diet Revolution. Packed with recipes, menus, carbohydrate counters, and strategies for staying with the plan, this book is less clear than its predecessor. It veers back and forth between how to begin and how to maintain "a controlled carbohydrate lifestyle." It is also more

promotional, with photos of satisfied slim folks and pitches for the branded Atkins products. Still, with its pages of testimonials and studies about weight loss, lowered cholesterol, and increased energy, it is hard to argue with Atkins's results. He puts his proof in the pudding. --Barbara Mackoff --This text refers to the Paperback edition.

Atkins, cardiologist and founder of the Atkins Center for Complementary Medicine in New York City, has advocated his high protein/low carb diet regimen for some 30 years (Dr. Atkins' Diet Revolution was published in 1972, and Dr. Atkins' New Diet Revolution in 1992). While fans of the butter-eggs-steak diet have long supported the Atkins program as a way of life, until this past year, the medical community has not warmly endorsed the plan. However, recent studies show that the Atkins plan has enabled dieters to both lose and maintain their weight loss as well as reduce their cholesterol levels. This book, which can be used by people familiar with the Atkins plan as well as those who have not followed it, offers detailed questionnaires designed to help readers understand the preferred food choices. Particularly helpful are the charts of "eat regularly," "eat in moderation" and "eat sparingly." Some of the inclusions may surprise readers but Atkins offers explanations of which foods fall into the "higher carb" categories (potatoes, bananas, rice cakes) and therefore must be limited. First-person success stories are sprinkled throughout the book. The second half of the book includes a month's worth of meal plans, holiday menus, and 125 recipes for a variety of foods, including jerk shrimp, potato salad, brown rice pilaf, zucchini latkes, rhubarb applesauce and chocolate souffle. While this diet won't work for everyone, especially vegetarians, this guide is a comprehensive overview for dieters who are ready to embrace the Atkins philosophy. Copyright 2003 Reed Business Information, Inc. --This text refers to the Paperback edition.

This review is written by Dawnalysce Clifford. I bought this book for a friend because she was reading mine and wanted her own. I started the Atkins for Life program one year ago. I lost 20 lbs, went off my high blood pressure medicine and am no longer worried about diabetes. I have maintained my weight loss and have more energy. The protein, high fiber and limited complex carbohydrate diet is not difficult for me to follow and I'm never hungry nor craving carbs. This book explains the concept behind the diet in detail and provides all the guidance necessary to be successful. Included are sections with recipes, a menu program, explanation of the diet's science, shopping guides and strategies for dining out. The many personal stories included are very inspirational. This book really did change my life and I highly recommend the diet. It is possible to take control of your weight without starving.

This book is about the maintenance process, but it still has great information for us beginners.

This book was/is a revelation when it comes to eating and what results you get from dieting. I followed the plan and lost a huge amount of weight in the first year. I am now living on it for the rest of my life!

There's so much information included in this book but has been very helpful in getting me on track to start my recovery from over eating....what a way to go..... I've just started and love not having those hungry feelings

I love the information and how they explain why.

I love this book! It gives a detail of what works and why in this diet plan for life. I managed to lose 30 pounds using this way of eating with Atkins For Life. I learned how to control the carbs that I eat and drink by reading the labels on products. Finally a eating habit that works the inches off the waist and abs.

book arrived in excellent condition. great info.

I tried this diet just as layed out in the book. Three weeks later, my thumbs turned red and swelled up in pain. I turned out that the diet gave e gout. I ws told by my doctor to stop the diet immediately. I still feel the effects

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