



DOWNLOAD



Dr Atkins Age Defying Diet

By Atkins

St Martin s Press, United States, 2003. Paperback. Book Condition: New. Reprint. 206 x 137 mm. Language: English . Brand New Book ***** Print on Demand *****.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...



READ ONLINE
[9.29 MB]

Reviews

I actually started looking over this publication. It really is rally interesting throgh studying period. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Dana Hintz

Good electronic book and valuable one. It really is basic but unexpected situations in the 50 percent in the pdf. You wont really feel monotony at at any moment of your time (that's what catalogues are for concerning when you ask me).

-- Elisa Reinger