



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...



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