

# Dr. Atkins age-defying diet revolution

St. Martins Press - dr atkins age defying diet revolution de atkins robert

Description: -

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Optics, Adaptive.

Retired military personnel -- Legal status, laws, etc. -- United States

United States. -- Navy -- Pay, allowances, etc. -- Law and legislation

United States. -- Navy -- Officers -- Retirement -- Law and legislation

United States. -- Navy -- Officers -- Promotions -- Law and legislation

Chambers, Washington Irving. -- 1856-1934

Military discharge -- Law and legislation -- United States

United States. -- Navy -- Pay, allowances, etc. -- Law and legislation

Cargill, George Brackett

Government sale of real property -- Law and legislation -- South Carolina -- Charleston

Navy-yards and naval stations -- Law and legislation -- South Carolina -- Charleston

United States. -- Navy -- Facilities -- Law and legislation

Military deserters -- Law and legislation -- United States

Military discharge -- Law and legislation -- United States

United States. -- Navy -- Pay, allowances, etc. -- Law and legislation

Wilcox, William Marion

Health

Aging -- Nutritional aspects

Longevity -- Nutritional aspectsDr. Atkins age-defying diet revolution

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Notes: Includes index

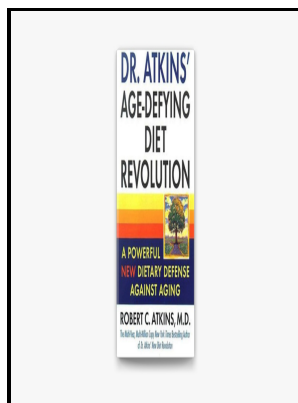
This edition was published in 2000

Tags: #Book #and #Borrow

**9780312251895: Dr. Atkins' Age**

Atkins' New Diet Revolution audio next.

**Book and Borrow**



Filesize: 60.68 MB

He maintains that antioxidants such as vitamins C and E, lipoic acid, and selenium are critical to holding back the hands of time, and he lays out a plan for how to build up your antioxidant shield.

## Dr. Atkins' Age

The reward meal consists of one-third protein-rich foods, one-third carbohydrate-rich foods, and one-third non-starchy vegetables. Shipped within 24 hours from our UK warehouse. What if you learned that combining a low-carb nutritional approach with a high fat intake produces a powerful therapeutic effect on a wide variety of health conditions that most people think requires medication to control? That's not because the diet magically alters metabolism and reduces cravings but because it restricts carbohydrate intake to only one meal a day.

## Book and Borrow

Because the diet emphasizes protein foods and limits high-fiber whole grains, constipation could be a problem. An overindulgence in carbohydrate-rich foods, then, leads to weight gain and out-of-control eating. Sugar is not on the menu.

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