

Dr. Atkins age-defying diet revolution

St. Martins Press - Dr. Atkins' Age

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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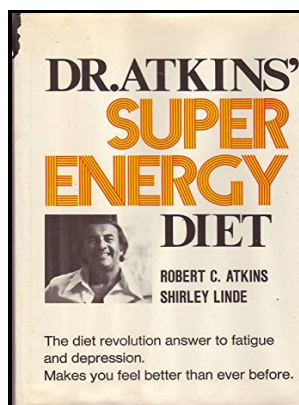
Notes: Includes index

This edition was published in 2000

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Dr. Atkins' Age

Insulin-theory proponents, on the other hand, say that overproduction of insulin is the cause, rather than the effect, of weight gain. But if you follow the diet, your calorie



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intake will be low and you'll lose weight while shifting to a more healthful eating plan.

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Book and Borrow

Atkins has no formal education in nutrition and should not be giving anyone advice on how and what to eat. Calcium-rich milk is limited to one cup a day. In addition, his over-the-top supplementation plans could easily lead to overdosing.

Dr. Atkins' Diet Revolution: The High Calorie Way to Stay Thin Forever

There may be some dog-eared pages showing previous use but overall a great book. Milk consumption is discouraged because it contains lactose, a simple sugar, but cream is encouraged. Atkins' New Diet Revolution Continue to the next page to read about the Carbohydrates Addict's Lifespan Program for Seniors.

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