

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 aspects

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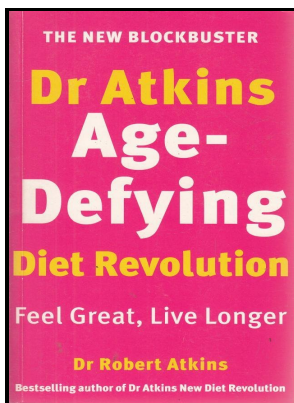
Notes: Includes index

This edition was published in 2000

Tags: #Book #and #Borrow

Rating Low

It would be easy to overeat or to fall short on some important nutrients, such as calcium and vitamin D. Too much sugar, they say, causes the body to overproduce



Filesize: 22.75 MB

insulin, a hormone that regulates blood sugar levels and fat storage.

Rating Low

It follows the same pattern as his other diet books, in which he advocates a high protein intake and greatly restricts carbohydrates, especially those from table sugar and refined and processed foods.

Rating Low

Avoiding high glycemic index foods is important because Atkins blames over-consumption of those foods for heart disease and diabetes. Atkins' New Diet Revolution, as well as many other highly successful health books. Continue to the next and final page of this article to find out if this diet is right for you.

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The majority of pages are undamaged with minimal creasing or tearing, minimal pencil underlining of text, no highlighting of text, no writing in margins. But it doesn't say what to do if, for example, you want to lose weight while at the same time supplementing for diabetes, a common predicament for people over 50. .

9780312251895: Dr. Atkins' Age

Most diets focus on reducing the consumption of fat rather than cutting back on sugar; according to Atkins, people should reconsider their intake of both. The Rationale Atkins believes that his diet, coupled with an array of supplements, can boost your immunity, fend off chronic diseases, and

keep you younger longer.

Related Books

- [Cuento puertorriqueño en el siglo XX](#)
- [Ben Franklin - an affectionate portrait.](#)
- [Last and first men - a story of the near and far future.](#)
- [Postmodern narrative theory](#)
- [Ohlas ruských revolucí ve východních Čechách](#)