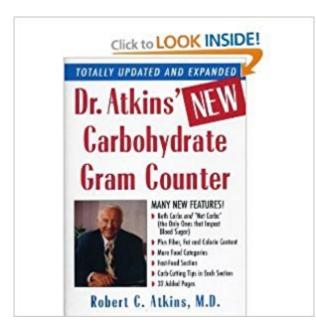
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Synopsis

Atkins Nutritional Approach has helped millions lose weight and improve health by controlling carb intake.

Book Information

Paperback: 128 pages Publisher: M. Evans& Co Inc; Totally Updated and Expanded edition (January 1, 2002) Language: English ASIN: B000E3AVW0 Product Dimensions: 5.6 x 3.9 x 1 inches Shipping Weight: 0.8 ounces Average Customer Review: 4.6 out of 5 stars Â See all reviews (5 customer reviews) Best Sellers Rank: #1,092,795 in Books (See Top 100 in Books) #164 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Atkins Diet

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