

The book was found

The Atkins Journal: Your Personal Journey Toward A New You, A 120-Day Record



Synopsis

This journal is a valuable ally to help you do Atkins properlyâ€•enhancing your potential to manage your weight and improve your overall health!

Book Information

Plastic Comb: 224 pages

Publisher: M. Evans & Company (June 2, 2003)

Language: English

ISBN-10: 159077003X

ISBN-13: 978-1590770030

Product Dimensions: 4.3 x 0.5 x 7.9 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 starsÂ Â See all reviewsÂ (16 customer reviews)

Best Sellers Rank: #240,627 in Books (See Top 100 in Books) #60 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Atkins Diet #1738 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss #2618 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

Customer Reviews

It is astonishing to read the slam pieces here about Dr. Atkins so-called obesity and overweight condition at the time of his death. Here are the facts:* He previously had a heart condition called cardiomyopathy -- a serious disease of the heart muscle which is unrelated to diet.* He died of a head injury because of an accident falling on slippery ice and not of being overweight.* His actual weight was 200 pounds when he was admitted to the hospital at the time of his accident. The erroneous reports of him weight 258 lbs was based on his weight at the time of his death. The extra weight was not fat, but an accumulation of body fluids linked to organ failure during his coma.* His previous reported heart attack was due to a viral infection and not diet related. He spoke openly of his condition on various national news programs.* The report that was released about him being overweight was leaked to the press by a group named "Physicians Committee for Responsible Medicine", which is an ardent opponent of the Atkins diet. In short, they distorted his weight by reporting the weight at the time of death - 258 lbs, and not at the time of his admittance - 200 lbs...an obvious attempt to discredit and distort the facts surrounding Dr. Atkins death.* A formal complaint has been filed by the Medical Examiner of New York regarding the suspicious leak of this information to the public by the Physicians Committee for Responsible Medicine."* The

disinformation surrounding Dr. Atkins untimely death is politically driven by the AMA and other detractors of the diet. Dr. Atkins book, New Diet Revolution has turned the AMA and other nutritional views upside down and has created a furor over the standard edicts of the medical profession.

[Download to continue reading...](#)

The Atkins Journal: Your Personal Journey Toward a New You, A 120-Day Record Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet) ATKINS: Atkins Diet Disaster: Avoid The Most Common Mistakes - Includes Secrets for RAPID WEIGHT LOSS with the Low Carb Atkins Diet (Atkins diet, Atkins ... diet, Paleo diet, Anti inflammatory diet) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Atkins diet for rapid weight loss - Lose 5 lbs in Just 1 Week: atkins diet cookbook, atkins diet for rapid weight loss, atkins diet for beginners, atkins vegetarian Atkins Diet for Beginners: The Atkins Diet Quickstart Guide to Rapid Weight Loss with 24 Quick and Easy Low Carb Atkins Recipes (Low Carb Diet, Atkins Diet for Beginners, Atkins Diet Cookbook) ATKINS: Atkins Diet - A 14-Day Atkins Diet Plan For A Simple Start (A Guide To The Atkins Diet Plus A Diet Plan To Achieve Your Weight Loss Goals) Atkins Diet: Atkins Diet For Diabetes-Low Carb High Protein Diet To Lower Your Blood Sugar & Lose weight-14 Day meal plan-42 Recipes (Atkins Diet Quickstart ... Diet, diabetes, reverse type 2, atkins) ATKINS: The Ultimate ATKINS Diet Recipes!: Atkins Diet: Top Atkins Diet Recipes for Beginners Atkins Diet Rapid Weight Loss: Atkins Diet Guide for Beginners - Lose Up To 30 Pounds in 30 Days (Atkins Diet Books, Atkins Diet Recipes, Diet Cookbook, ... Rapid Weight Loss, Low Carb, Weight Loss)) Atkins Diet Recipes Under 30 Minutes: Over 30 Atkins Recipes For All Phases (Includes Atkins Induction Recipes) (Atkins Diet Cookbook) (Volume 1) Atkins Diet Recipes Under 30 Minutes: Over 30 Atkins Recipes For All Phases (Includes Atkins Induction Recipes) (Atkins Diet Cookbook) (Volume 2) The Complete Atkins Diet Plan Book: The Atkins Diet Book and Atkins Diet Plan. Also Includes Atkins Diet for Beginners Atkins Diet Recipes Under 30 Minutes Vol. 2: Over 30 Atkins Recipes For All Phases & Includes Atkins Induction Recipes (Atkins Diet Cookbook) Atkins Diet: The Ultimate Guide to Atkins Diet - How To Lose Weight Fast Using Atkins Low Carb Diet (atkins diet, low carb diet) ATKINS DIET FOR BEGINNERS: A Comprehensive Quickstart Guide To Kickstart Your Own Atkins Diet For Permanent Weight Loss and A Healthier New You (Atkins Low Carb Weight Loss Diet Book 1) Atkins Diet For Beginners: A Comprehensive Quickstart Guide To Kickstart Your Own Atkins Diet For Permanent Weight Loss and A Healthier New You (Atkins Low Carb Weight Loss Diet) (Volume 1) ATKINS DIET: Weight Loss Secrets and a Quick Start Guide

For a New and Permanent You (Atkins Low Carb High Fat Diet Weight Loss Guide, Diet for Rapid Weight ... Atkins Weight Loss Guide for Beginners) El Nuevo Libro de Cocina Dietetica del Dr. Atkins (Dr. Atkins' Quick & Easy New: Complementario a La Nueva Revolucion Dietetica del Dr. Atkins ... New Diet Revolution) (Spanish Edition) Journal Your Life's Journey: Tree Vector Journal, Lined Journal, 6 x 9, 100 Pages

[Dmca](#)