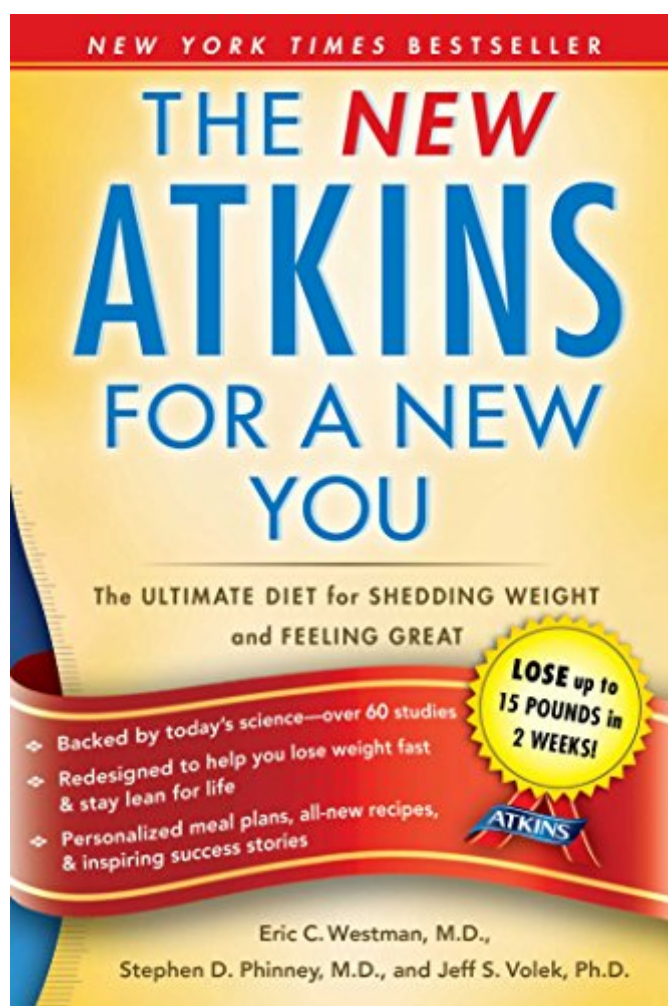


The book was found

# The New Atkins For A New You: The Ultimate Diet For Shedding Weight And Feeling Great



## Synopsis

The all-new international bestseller! Think you know the Atkins Diet? Think again. This completely updated, easier-than-ever version of the scientifically-proven Atkins diet has helped millions of people around the world lose weight and maintain that weight loss for life. The New Atkins is...  
**Powerful:** Learn how to eat the wholesome foods that will turn your body into an amazing fat-burning machine. **Easy:** The updated and simplified program was created with you and your goals in mind. **Healthy:** Atkins is about eating delicious and healthy food—a variety of protein, leafy greens, and other vegetables, nuts, fruits, and whole grains. **Flexible:** Perfect for busy lifestyles: you can stick with Atkins at work, at home, on vacation, when you're eating out—wherever you are. **Backed by Science:** More than 50 studies support the low-carb science behind Atkins. But Atkins is more than just a diet. This healthy lifestyle focuses on maintenance from Day 1, ensuring that you'll not only take the weight off—you'll keep it off for good. Featuring inspiring success stories, all-new recipes, and 24 weeks' worth of meal plans, The New Atkins for a New You offers the proven low-carb plan that has worked for millions, now totally updated and even easier than ever.

## Book Information

File Size: 6322 KB

Print Length: 352 pages

Publisher: Touchstone; 1 edition (February 17, 2010)

Publication Date: March 2, 2010

Sold by: Digital Services LLC

Language: English

ASIN: B0038NN3B4

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #8,204 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #1 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Low Carb #1 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Atkins Diet #5 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Atkins Diet

## Customer Reviews

I have hesitated to write a review because I am one of the success stories in this book. However, in light of T. Colin Campbell's unprofessional attack on this book, I believe I must speak up to share my story and the good health that has resulted in my following the Atkins plan. I am nearly 65 years old and have struggled with weight all my life. I've been on many diets including a vegetarian one with little results in either weight loss or improved health. In fact, my health markers were getting worse, and I suffered from arthritis, dry skin and elevated tryglyceride levels. My blood pressure was borderline. Since following the plan outlined in this book, I have lost weight, my arthritis has improved substantially (particularly in my neck and shoulders) and my dry skin (which 2 dermatologists had diagnosed as rosacea) has disappeared. My tryglyceride level dropped remarkably, but more importantly my HDL (the good cholesterol) has gone up and my latest BP was 117/76. I used to wear a size 18 -- now I wear a 6 or 8. All of these results came from following the plan outlined in this book. What disturbs me further about T. Colin Campbell is that he has clearly put out a call to his vegan followers to come to the site and give bad reviews of this book, as he posted this nonsense on his webpage. I don't have a problem with their chosen lifestyle, but I do have a problem with the many derogatory posts that make it clear that they could not have read this book as they have no comprehension of its contents. Shame on them. Using the review system to grind their vegan axes should not be allowed. Contrary to their ravings, the Atkins diet recommends lots of vegetables, a conservative amount of dietary protein and good fats.

Having eaten a low carb diet for nearly fifteen years now, (spending much of my time coming up with low carb recipes 1001 Low-Carb Recipes: Hundreds of Delicious Recipes from Dinner to Dessert That Let You Live Your Low-Carb Lifestyle and Never Look Back) with nothing but great health to show for it, I'm a huge fan of Dr. Atkins. Having met Dr. Eric Westman, and followed his research for the past several years, I'm a huge fan of his, too. New Atkins For a New You is a more than worthy successor to Dr. Atkins New Diet Revolution. How does New Atkins For A New You differ from DANDR?\* They've lost the focus on ketosis. Oh, you'll still go into ketosis if you eat the way they tell you, and that's a good thing -- it means you're running a fat-burning rather than a glucose-burning metabolism. It also feels great -- high energy, suppressed appetite, and a clear head. Great mood, too; ketosis makes me ebullient. But there's no peeing on ketostix. Ketostix told people less than they thought: They can tell you that you're burning fat, but they can't tell you if you're burning fat you just ate, or fat from your storage depots. And ketostix are expensive. Some people do find "turning purple" motivating, but this is a useful simplification.\* They've incorporated the net carbs concept, as pioneered by Drs. Michael and Mary Dan Eades, instructing people to

subtract fiber grams from total grams of carbohydrate. This makes for more vegetables from the get-go, since quite a lot of the carbohydrate in vegetables is in the form of fiber.

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

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: 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 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 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)) The New Atkins for a New You: The Ultimate Diet for Shedding Weight and Feeling Great 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: 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) 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: 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: The Ultimate ATKINS Diet Recipes!: Atkins Diet: Top Atkins Diet Recipes for Beginners 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) The Complete Atkins Diet Plan Book: The Atkins Diet Book and Atkins Diet Plan. Also Includes Atkins Diet for Beginners Atkins Diet For Beginners: LOW CARB DIET: Secrets To Weight Loss The Healthy Way (Atkins Diet Carbohydrate Gram Counter With Cookbooks And Recipes ... (Atkins Low Carb Weight Loss Diet) (Volume 1) ATKINS DIET FOR BEGINNERS: LOW CARB DIET: Secrets To Weight Loss The Healthy Way (Atkins Diet Carbohydrate Gram Counter With Cookbooks And Recipes Included!)

(Atkins Low Carb Weight Loss Diet Book 1) ATKINS DIET CARBOHYDRATE GRAM COUNTER:  
LOW CARB DIET: Ultimate Atkins Diet Made Easy (Secrets To Weight Loss Using Low  
Carbohydrate Diet, Low Cholesterol ... Low Cholesterol Weight Loss Diet) 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)

[Dmca](#)