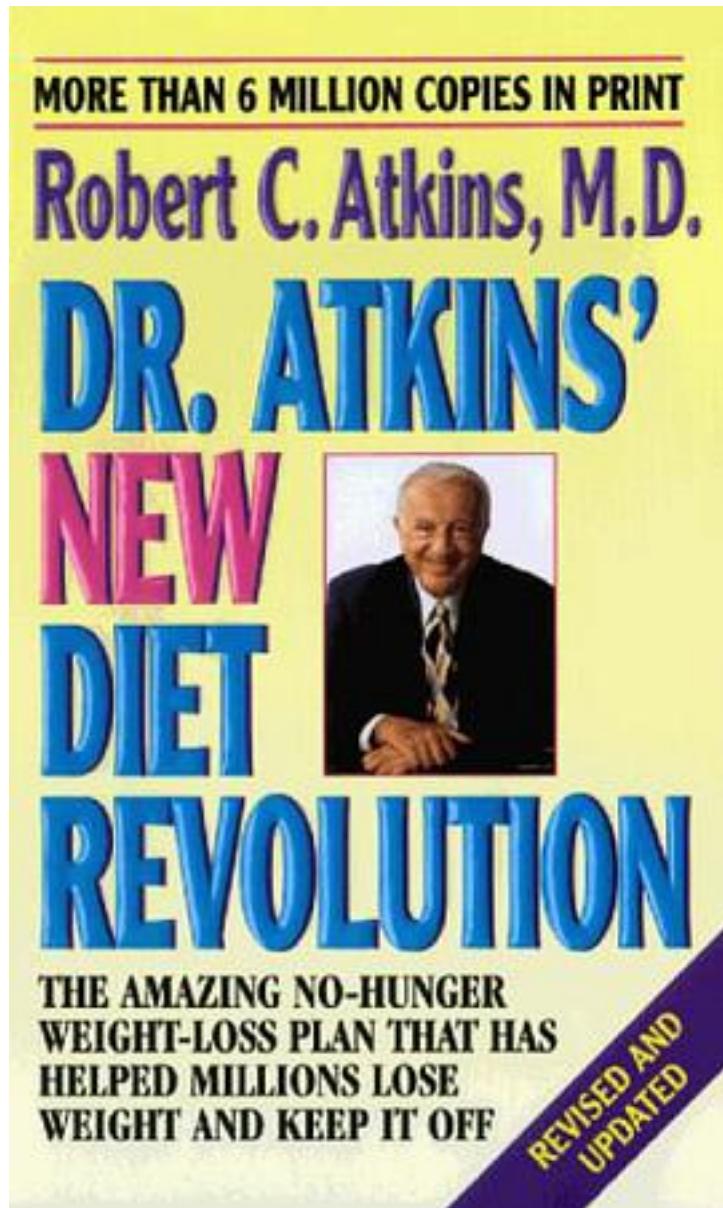


Dr. Atkins' New Diet Revolution



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Weight loss, weight maintenance, good health and disease prevention through the Atkins nutritional approach. Dr. Atkins' original Diet Revolution helped millions lose weight and maintain their weight loss for life. His sensational follow-up, Dr Atkins' New Diet Revolution, concentrated on total wellness in addition to weight loss -- and spent more than four years on the New York Times bestseller list. Now the world's #1 diet and complementary medicine expert has updated his proven program for a new century--offering essential new information based on scientifically supported controlled carbohydrate principles that helps people re-energize their life by re-balancing their nutrition so that they look good, feel good, lose weight and keep it off. The new updated diet revolution includes: All you need to know to jump-start your weight loss and lifetime of well-being New controlled carbohydrate recipes for delicious breakfasts, lunches, dinners and desserts Brand-new case studies Detailed information in the Atkins Nutritional Principles and the solid foundation of medical and scientific research to support them With Dr Atkins' New Diet Revolution, you can eat the delicious meals you love--from cheeseburgers to mouth-watering gourmet entrees (recipes included)-- and kick-start your metabolism so that you burn fat for energy. You can reduce the risk factors associated with certain major health problems, including chronic fatigue, diabetes and high blood pressure. And, you can increase your energy level, improve your overall health and well-being and apply the knowledge and tools you need to truly achieve and sustain permanent weight loss.

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