

Dr. Atkins New Diet Revolution



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Amazon.com Reviews Designed to catapult your body into a state of fat meltdown, Dr. Atkins's diet has taken America by storm. It targets insulin, the hormone that regulates blood sugar levels. The bodies of most overeaters are continually in a state of hyperinsulinism; their bodies are so adept at releasing insulin to help convert excess carbohydrates to fat that there's always too much of the hormone circulating through the body. This puts the body into a bind; it always wants to store fat. Even when people with hyperinsulinism try to lose weight--especially when they cut fat but increase carbohydrate consumption--their efforts will fail. This is why Dr. Atkins refers to insulin as "the fat-producing hormone." Dr. Atkins's diet is extremely low in carbohydrates, which helps to regulate insulin production and decrease circulating insulin; less insulin soon results in less fat storage and fewer food cravings. The diet is far from torturous, though--those who've tried it attest that hunger is not a part of this plan. Ninety percent of Dr. Atkins's patients--more than 25,000 of them--have experienced dramatic weight loss. The book includes recipes for such luscious, low-carb dishes as lobster soup, zabaglione, sea bass, and blueberry ice cream, and even includes a carbohydrate gram counter and menus. --This text refers to an out of print or unavailable edition of this title. Book Description Dr. Atkins' original bestseller, Diet Revolution showed millions how to lose weight quickly, easily, and

without going hungry. Now, Dr. Atkins' New Diet Revolution offers not just weight loss, but total wellness designed for the overweight metabolism. You can: eat delicious meals you love never count calories enjoy a cheeseburger when you're hungry see amazing results in 14 days reach your ideal weight and stay there. --This text refers to an out of print or unavailable edition of this title. See all Editorial Reviews

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