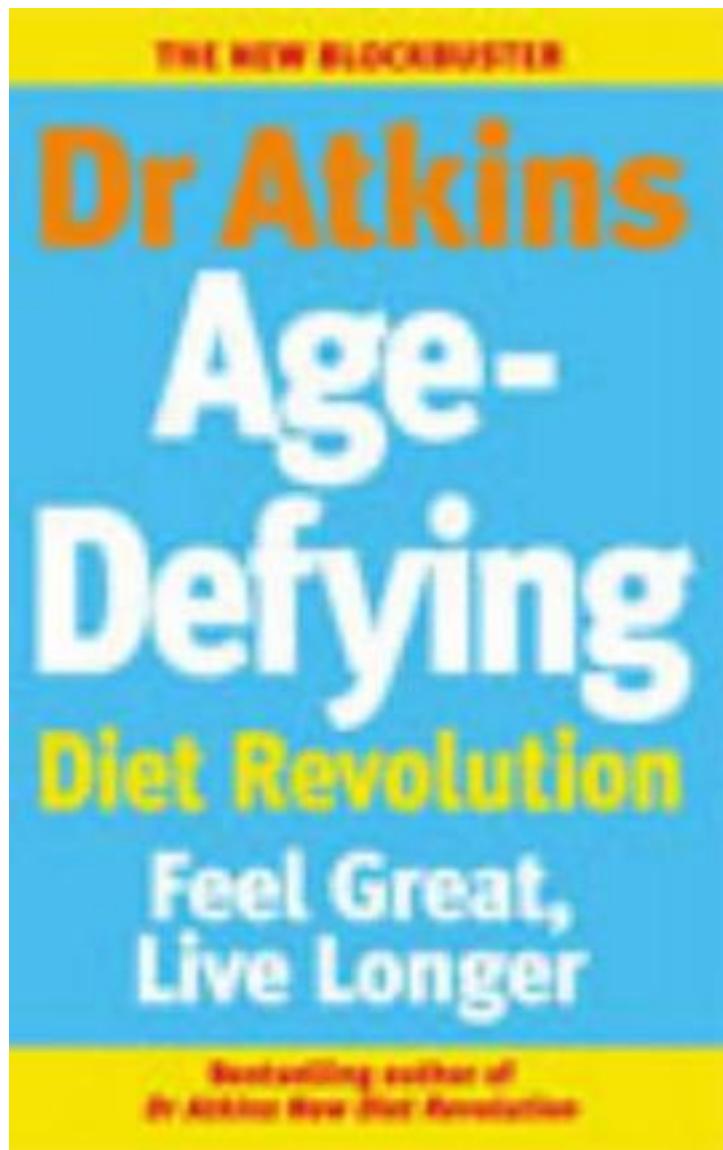


# Dr Atkins Age-Defying Diet Revolution



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In this new book, bestselling author and cardiologist, Dr Atkins explains how to tailor your diet to defy the ageing process. Research has shown that 70 percent of the signs of ageing are determined by lifestyle, and are therefore within our control. Using his proven programme of diet and vita-nutrient supplementation, Dr Atkins helps you defy the ageing process by reducing many of the risks of diseases responsible for premature ageing. The book presents a symptom-by-symptom discussion of the specific signs of ageing, and their causes, then continues with a comprehensive run-down of recent breakthroughs in age-defying medicine. Dr Atkins Age-Defying Diet Revolution including advice on: - How to find your greatest risk factors - What symptoms and tests will tell you - How to select the most successful diet for you - How to modify and fine tune your diet - How to use antioxidants to defy ageing

作者介绍:

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