

Dr. Atkins New Diet Revolution



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Dozens of diets will take your weight off temporarily. But if you're in the market for weight loss plus health, I think you should go a step further. Ask yourself stricter and more interesting questions: How many diets will restore that vigor and sense of wellness I had almost forgotten I could have? How many diets will positively reinforce my health, day by day and year by year?

I think that's the type of diet you need--an unabashed feel-good diet, a full-energy diet, a lifetime-wellness diet.

As an old veteran of the diet wars, I write from a unique

perspective. People come to me concerned for their health, aware that I know something about losing weight. But, I believe, they're even more vividly conscious of the fact that I have a reputation for helping men and women with serious health disorders. The Atkins Center for Complementary Medicine is a major outpatient facility on 55th Street in Manhattan, with a patient population nearly 10,000 strong. These are patients with diabetes and heart disease and multiple sclerosis, with arthritis and chronic fatigue and hypertension. Less than 5% of those patients were interested primarily in weight loss when they first knocked at my door.

Yet fame and fortune came to me as a master of effective dieting. It was only after the Atkins diet made me famous that I moved into my life's work in nutrition medicine, using it to treat serious health problems. Why, then, am I writing another book on dieting?

Dieting is a crucial part of the health care I provide. Unless you eat right, you can't be healthy, and if you do eat right, then, generally speaking, you won't be overweight.

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