



Low Carb Weight Loss: Atkins Low Carb Cooking and Lifestyle for a Healthier Body

By Gordon Rock

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.With more than 50 years in the making and backed by scientific studies, the Atkins Diet is a low carb weight loss program that will put you in a successful and weight-loss journey. While other people in other diet programs count their calories, in the Atkins diet, you count your carbs. But what really sets the Atkins diet apart is that you are consuming food that satisfies you yet turns your body into a turbo-charged fat-burning machine. While the Atkins diet has always been around, other and newer diets fade. That is because Atkins introduces not just a diet, but a sustainable eating lifestyle that can help you achieve your ideal weight and keep it your entire life. Well, you're also keeping arthritis, heart diseases, diabetes and depression at bay too. And don't think that because you're on a low carb weight loss you can't eat anything out at all. In fact, the Atkins diet is so flexible that it offers a variety of options and substitutes to keep you on your allocated carb...



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