



Lose Weight with the Atkins and Alkaline Diet Plans: A Beginner's Guide to the Atkins and Alkaline Diets (Paperback)

By Nicole Harrington

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Get Fit and Blast Fat on the Atkins and Alkaline Diet Plans For the first time, two books, Alkaline Diet for Beginners and Atkins Diet by Nicole Harrington, are being offered in one collection. Discover how both of these great diets can help you obtain your goal weight and gain a better and healthier life. Description from Atkins Diet by Nicole Harrington The Atkins Diet is based on the basic idea that excessive carbohydrate consumption, especially starches and simple sugars can lead to weight gain. Consequently, Dr. Atkins advocated the consumption of excess fats and proteins as well as the daily consumption of nutrients through vitamins and mineral supplements. This diet also attempts to minimize the production of insulin while inducing the state of ketosis just like other ketogenic diets. Basically, when there is a high amount of glucose in the bloodstream because of excessive consumption of carbohydrate-containing foods, the human body produces insulin that helps to get rid of excess glucose in the bloodstream and then store the same in the muscle tissues and liver as glycogen. It also...

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Great electronic book and valuable one. It really is simplistic but surprises within the fifty percent from the book. Its been printed in an extremely simple way in fact it is merely right after i finished reading this publication by which in fact modified me, change the way i really believe.

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