



Dr. Atkins' New Diet Revolution

By Robert C. Atkins

Harpercollins US Sep 2011, 2011. Taschenbuch. Condition: Neu. Neuware - Dr. Atkins New Diet Revolution has helped millions lose weight and get healthy. Now from one of the worlds No 1 diet and complementary medicine experts comes essential information based on scientifically supported controlled carbohydrate principles. The new updated diet revolution includes: - All you need to know to achieve permanent weight loss and a lifetime of well-being - New controlled carbohydrate recipes for delicious breakfasts, lunches, dinners, snacks, and desserts - Brand-new case studies - The very latest scientific research With Dr. Atkins New Diet Revolution, you can eat the delicious meals you love - from cheeseburgers to mouth-watering gourmet entrees (recipes included) - and kick-start your metabolism so that you burn fat for energy. You can reduce the risk factors associated with certain major health problems, including cardiovascular disease and diabetes. Atkins will help you re-energize your life by rebalancing your nutrition so that you look good, feel good, lose weight and keep it off. 560 pp. Eng lisch.



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