



**Atkins Diet: 48 Facts Everyone Should Know
About Atkins Diet and Dr Atkins New Diet
Revolution (Atkins Diet, Atkins Diet Cookbook,
Atkins Diet Plan)**

Deborah Rogers

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This e-book is a valuable tool for use when contemplating the Atkins Diet and the Dr. Atkins New Diet Revolution.

Many people have benefited from using the Atkins diets, and they are especially helpful for patients who have type 2 Diabetes or muscle or joint issues that make exercise more difficult, since you can lose weight without exercise, if necessary.

There are many foods you cannot eat while on this diet plan, but others that are acceptable, and tasty. Cutting out high-carb foods and snacks will help your body to burn fat instead of glucose, so that you can lose weight.

Myths abound about the Atkins program and what it can and cannot do. We present them in this e-book and give you the straight facts about the best ways to benefit from Dr. Atkins New Diet Revolution.

While each diet plan has benefits, they all have their drawbacks, as well. We run through the possible side effects and negative aspects of the Atkins diet, so that you'll have all the pertinent information you need to make an informed diet choice.

Some of the topics included are:

- How the Atkins Diet and Dr. Atkins New Diet Revolution work
- The foods you will eat and avoid eating while on the plan
- Using supplements while you are on the Atkins Diet
- Myths and truths about the diet
- Benefits and side effects of the Atkins diet plan

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