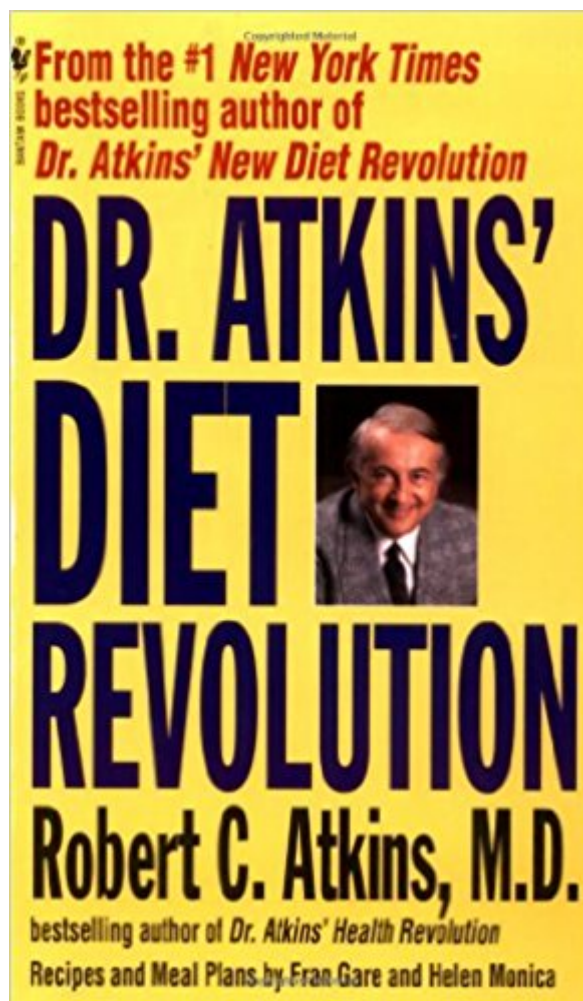


The book was found

Dr. Atkins' Diet Revolution



Synopsis

After a medical check-up and under your doctor's supervision, you too may achieve significant loss of weight as many others have done by following the simple rules contained in this book. This is the fabulous, controversial bestseller that explains the diet in infinite, detail, includes meal plans, recipes, a list of foods to avoid and permissible foods.

Book Information

Mass Market Paperback: 336 pages

Publisher: Bantam (October 1, 1981)

Language: English

ISBN-10: 0553271571

ISBN-13: 978-0553271577

Product Dimensions: 4.2 x 0.9 x 6.9 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 240 customer reviews

Best Sellers Rank: #44,113 in Books (See Top 100 in Books) #10 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Atkins Diet #42 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters #168 in Books > Cookbooks, Food & Wine > Special Diet > Weight Loss

Customer Reviews

Robert C. Atkins (1930–2003) was an American cardiologist best known for his Atkins Diet. He studied pre-med and cardiology at the University of Michigan and Cornell University.

LOVE THIS DIET...I recall doing this diet in my 20s (I am 45 years young) and I forgot all about it til I was getting DEPRESSED do to gaining 40lbs which I researched different diets and a lot of KETO posting was on Instagram...I did a google search on Keto and guess what popped up??? ATKINS...YAY....I started at 214.2 and I am now 191.6...its been slow but I am HAPPY!

I did this diet 13 years ago without ever reading the book. I succeeded in losing the unwanted pounds and kept them off for years. I moved to a different state, remodeled a house and gained a little too much weight. So, I recently ordered this book and will be following this lifestyle again. This time I've read the original book and have a whole new perspective on Atkins. Unfortunately, the information on line has drastically changed everything Dr. Atkins originally stated in this program.

The original Atkins program must be followed from this edition and results will happen.

I've been looking for this book for a while, and I'm so excited I found it. It's a lot better than the new variations that are coming out that try and be more PC and have you eating more carbs than need be. This book is closer to the original in that you start at 0 carbs/week and gradually move up by 5g until you get to the spot where you're no longer to maintain your weight. The newer version have induction starting at 20g and then moving up. I'm so grateful I found this version online for a great price and I would definitely recommend this version (1972) over the newer ones if you're looking for results.

This is the original that started it all. I first bought this book in the 70's and lost 30 lbs by following what was in this book. I find for me a carb free diet is the best diet to go on to lose the extra weight. You can eat as much as you need to satisfy hunger from the list of foods you are allowed. And the Ketostix make it fun to keep track of your level of ketosis. I have NEVER suffered ill effects from this diet and I would recommend it to anyone wanting to lose the extra weight.

I did this diet years ago and wanted the same ol' book I had then. This is it and I'm doing the diet now. I don't feel hungry and I'm losing. I want to lose 50 pounds, but absolutely 40. I lost 3 lbs in 4 days. I don't have a scale but will see how much more I have lost when I go to the Dr. next month. I don't eat as much meat as he says you can because I don't like most meat. Hamburger without bread gags me. But I want the fat gone, so I do it. I'm doing Phase 1 for 2 weeks instead of 1 week. Today was my eleventh day and I can breath a lot better, bend over better and my jeans are loser. Get to add more carbs and foods next week. Whoo Hoo! Love cottage cheese. I also got the urine test strip things, and they work. It helps so you know when you reach your max carbs per day, later on. My book was like new! I couldn't even tell it had been opened. Arrived fast, too.

Found this first edition hard cover on as sold by BookRescue!!! am a big fan of the Author as his advice has helped me reverse my type two diabetes and get off my medication completely leaving my doctor wondering how? Well this type of diet has been proven to be EXACTLY as we should be eating as it was first published in 1972 but the science behind it goes back to the late 1800's.

I've had the paperback copy of Dr. Atkins' original "Diet Revolution" since the early 1980s at some point though I think it was donated to a charity. I was thrilled to

find a hard copy! This book is the original plan by Dr. Atkins—it bears little resemblance to what the Atkins plan of today looks like, other than the stages are still there. I have used this plan successfully in my life several times. This plan is easy, with no calorie counting, no quantity and portion restrictions as long as you stick to the correct amount of carbs in each stage. The whole idea is that you have to cut your carbs to zero for at least one week (though Dr. Atkins does recommend that you extend this induction week for as long as you are able) then start adding the carbs slowly back into your diet. By doing this, you are forcing your body to convert stored fat into energy. This really works!

Couple of recommendations:

- Take a really good multivitamin along with any other supplements/medications you normally take during the plan.
- Have a go to snacks ready and available so you are not tempted to snack on something not in the plan.
- Make sure when you are purchasing food for the plan (NOT the Atkins pre-packaged stuff!) that you check the ingredients for hidden carbs. (It is really hard to find bacon that has not been sugar cured. Kroger makes a low sodium hardwood smoked version that has no sugar or carbs.)
- Mayonnaise means mayonnaise, NOT Miracle Whip which has sugar in it.
- Ketostix, especially for folks with Type 2 diabetes are a must. This is how you can tell whether you are doing this right.
- Don't eat if you aren't hungry. I cannot stress this enough!!! On my own, just making my own meals, I have always eaten when I am hungry. The concept that every human should eat three meals a day came from where?!! The fact is, (I've collected a lot of information from people in all walks of life about this idea) people are ALL different. Therefore, some folks would be better off eating almost constantly during their waking hours while at the other extreme end other folks are fine with just one meal a day. Don't feel guilty if you are hungry. eat. And the reverse is true also. don't allow others to pressure you into eating when you don't want to.
- Don't use margarine that stuff is awful on so many levels. Use butter even if you have never used butter in your life.
- Mushrooms these are not mentioned in the original book for the Induction week. I attribute the lack of mention to the fact that in the early 1970s mushrooms were not nearly as popular as they are today. So, it turns out that fresh regular white mushrooms are about .25 of a carb for a medium mushroom so you can slice it thin and add it to your salad.
- Salad Dressing use oil and vinegar. I tried reading about fifty labels on salad dressings and you are much better off just going with olive oil and vinegar. Use a good vinegar (for instance I found champagne vinegar with zero carbs) and you can still add dry spices such as oregano, sweet paprika, etc. Yum!
- Checking your weight. force yourself to weigh in only once a week. I find that

I get more encouragement from taking measurements because those change faster. In fact, I don't even own a scale! If you know yourself, you will know when you are the size you want to be. Leave the numbers for math!

Cooking for others while on Dr. Atkins diet

The absolutely great thing about this diet is that if you have to prepare meals for others, the meats you use will be the same as the meats used to prepare food for others. Your plate may not look as interesting as the rest at the table but it does make it easier that you are not eating completely different foods than the people you may cook for. I have used Dr. Atkins's original 1972 diet several times in my life and am starting it again today. It's an easy and quick way to lose 10-30 pounds quickly. The Atkins diet of today allows many more carbs than his original plan the reason? Money, clear and simple. The Atkins company couldn't sell so many of their diet products without folks being allowed more carbs. Because the foods you are supposed to use on the original diet are all fresh and natural (i.e. you can buy them at any grocery store) the Atkins company couldn't make any money if they had stuck to the original plan. I have to wonder what Dr. Atkins would think of what his diet revolution has become since his passing in 2003.

There are countless LCHF books on the market today, but I keep going back to the original Atkins. It's truly a no-fail diet when followed correctly. I read it in the late '70's and tried this strange new way of eating... LOVED it! I'd since lost my old copy of the book and was glad to find it on . The newer versions are also good, but there have been changes that aren't as tried-and-true as Dr. Atkins' original work. One word of caution, though: you'll probably have to google a number of the ingredients in his recipe section, because some of that stuff isn't made any more!

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