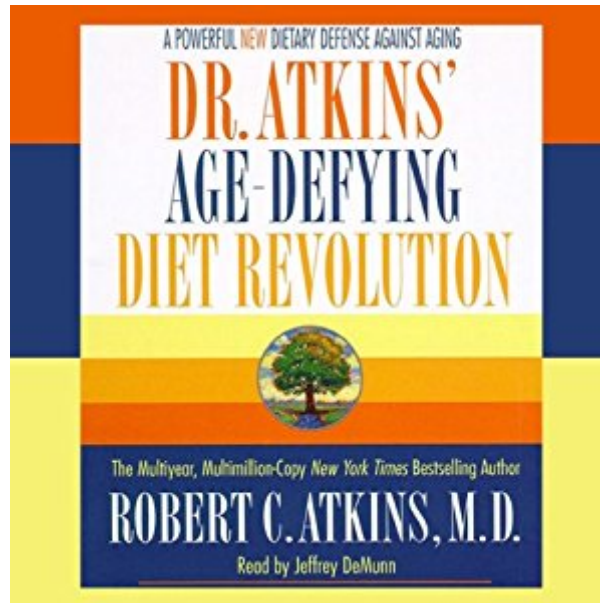


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# Dr. Atkins' Age-Defying Diet Revolution



## Synopsis

Millions of people around the world rely on Dr. Atkins' groundbreaking dietary advice-his amazing New Diet Revolution has topped the New York Times bestseller list for nearly four years! Now he offers the next step in health improvement-a powerful, anti-aging program utilizing his innovative dietary ideas, combined with the latest research on exercise, vitamins, herbs, hormones, and other supplements. This safe, easy-to-follow regimen not only fights age-related illnesses like heart disease, cancer, arthritis, and diabetes, but dramatically improves the way we look and feel as we age. In this indispensable age-defying guide, Dr. Atkins reveals:- How a low-carb, high-protein diet-rich in both natural and supplementary antioxidants-can significantly boost your immunity- Effective ways to decrease free radicals and increase blood flow to the brain-the key to enhancing mental functioning and memory- How to stabilize blood sugar levels to greatly reduce the risk of cardiovascular disease and adult-onset diabetes- Why hormones keep us young-and how to prevent hormone decline that comes with aging- Essential ways to cleanse your body of harmful bacteria and other toxins- And many other ways to stay healthy, fit, energetic, and young! --This text refers to an out of print or unavailable edition of this title.

## Book Information

Audible Audio Edition

Listening Length: 3 hours

Program Type: Audiobook

Version: Abridged

Publisher: Simon & Schuster Audio

Audible.com Release Date: August 11, 2000

Language: English

ASIN: B0000547H6

Best Sellers Rank: #96 in Books > Health, Fitness & Dieting > Aging > Diets & Nutrition #139 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Atkins Diet #455 in Books > Audible Audiobooks > Health, Mind & Body > Health

## Customer Reviews

For someone who was brought up believing that the way to dietary health and happiness was to avoid red meat, eggs, butter and saturated fats, and to load up on complex carbohydrates and use margarine, Dr. Atkins' ideas are indeed a revolution. In an incisive and extremely confident style, Dr. Atkins sets out what he believes are the components of a healthy diet for those of us past, say, fifty.

First, "eat foods low in carbohydrates and high in antioxidants" (p. 277). These would be especially vegetables like kale, carrots, spinach, broccoli, etc. Second, eat natural fats and oils from butter, meat, fish, eggs, nuts and olive oil, and avoid all "trans fats" or highly processed fats in general. In fact, avoid highly processed foods of all kinds. Third, supplement your diet with what he calls "vitanutrients," i.e., vitamins like A, B, C, E etc. and minerals like zinc, calcium, etc., hormones like DHEA and melatonin, etc., and food supplements like ginseng, ginkgo biloba, etc. Atkins himself is a medical doctor who practices alternative and complementary medicine. He is an enterprise himself with his many best-selling books and his Atkins Center for Complementary Medicine. When I first heard about him and his all protein and vegetable diet some years ago, I figured he was the charlatan author of yet another fad diet, and I ignored his books. This one is the first I've actually read, and I must say immediately that he is certainly not a charlatan. He is obviously a man who knows as much about diet as anyone could hope to know. Whether he is entirely correct in his ideas is not something I am incapable of assessing; but I am willing to bet he is mostly right.

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