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The Atkins diet, also known as the Atkins nutritional approach, is a commercial weight-loss program devised by Robert Atkins. The Atkins diet is classified as a low-carbohydrate fad diet. The diet is marketed with questionable claims that carbohydrate restriction is critical to weight loss. There is no good evidence of the diet's effectiveness in achieving durable weight loss and it may ...

Atkins diet - Wikipedia

Dr. Robert Coleman Atkins (October 17, 1930 – April 17, 2003) was an American physician and cardiologist, best known for the Atkins Diet, a fad diet that requires close control of carbohydrate consumption and emphasizes protein and fat as the primary sources of dietary calories in addition to a controlled number of carbohydrates from vegetables. ...

Robert Atkins (nutritionist) - Wikipedia

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CARB COUNTER

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Dr. Atkins' New Carbohydrate Gram Counter has a slightly misleading name. While grams of carbohydrate are listed for various foods, there are also protein and fat grams listed for each entry.

Dr. Atkins' New Carbohydrate Gram Counter: M.D., Robert C

Bring on the bacon, baby! My ketogenic diet is what took my weight off and reversed my pre-diabetes and high blood pressure. With all these self-proclaimed diet doctors and gurus in a constant tug of war over which is healthier-a plant based or animal based dietâ€™ itâ€™s no wonder Americans are confused, frustrated, and getting fatter and sicker every year.

Low Carb Diets Found to Feed Heart Disease

This page documents health changes our readers have experienced after adopting the Perfect Health Diet. If you have improved your health on our diet, please leave your story in the comments.

Reader Results - Perfect Health Diet | Perfect Health Diet

You might also hear a Fat Fast being called the Atkins Diet Fat Fast or the Fat Fast Diet â€“ theyâ€™re the same thing. A Fat Fast as outlined by Dr. Atkins in Dr. Atkins New Diet Revolution is a tool that low carbers who are metabolically resistant can use to get themselves quickly into ketosis ...

Atkins Fat Fast: Break A Low Carb Weight Loss Stall

Dr. Robert C. Atkins Dies From Head Injury After Fall on Icy Walk - April 17, 2003. Scientists Endorse the Atkins' Diet - May 17, 2004. Low-Fat Diet Does Not Cut Health Risks, Study Finds.

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