



The Atkins Essentials: A Two-Week Program to Jump-start Your Low Carb Lifestyle

Atkins Health & Medical Information Serv

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Atkins Made Easier!

Millions of people around the world have already discovered the Atkins Nutritional Approach™ and the remarkable benefits of controlling carbohydrates. Now it's even easier to join the revolution, lose weight, and get healthy the proven Atkins way!

With less of the underlying science and more practical information, *The Atkins Essentials* gets to the meat of the most popular and effective weight control program ever, providing the basic skills necessary to enable you to lose and keep losing unwanted body fat -- and to keep it off forever!

Providing clear, concise answers to your questions and concerns, *The Atkins Essentials* is ideal for anyone seeking a healthier lifestyle. For those new to Atkins, it is a quick and effective way to get started -- and for those already on the program, it offers indispensable tips on eating out, stocking your pantry, and more.

Simply put, it is Atkins made easy, with:

- The ABCs of doing Atkins
- An effective two-week launch into weight-losing mode
- Personal modifications to slow or speed weight loss
- Helpful listings of acceptable and unacceptable foods and
- Fourteen days' worth of delicious, controlled carb eating ...

And Much More!

So get ready to look great and feel great the Atkins way -- it's easier than ever before!

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