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Atkins diet - Wikipedia, the free encyclopedia

Atkins diet, also known as Atkins nutritional approach, is a low-carbohydrate diet promoted by Robert Atkins from a research paper he read in The Journal of the

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Salvaging Atkins: The low-carb diet flirts with

The New York physician's original diet has undergone minor modifications over the years, including limits on protein intake and a mandatory vegetable minimum, even if

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Welcome to Atkins - the home of truly satisfying weight loss. Atkins low carb diet is a diet that really works. Find out how and why.

Atkins Diet - Does It Work? - US News Best Diets

The low-carb Atkins diet leaves much to be desired. It's effective for short-term weight loss, but isn't great for overall health.

Atkins Diet Plan Review: Foods, Benefits, and Risks

Read the Atkins Diet review and find out about the foods allowed on this diet plan and whether it s effective.

Dr. Atkins New Diet Revolution - Barnes & Noble

Dr. Atkins' original best seller, Diet Revolution, showed millions how to lose weight quickly, easily and without going hungry. Now Dr. Atkins' New Diet Revolution

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