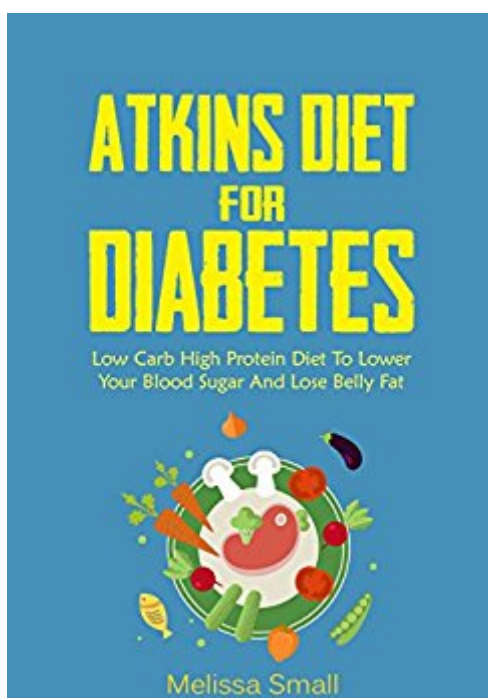


The book was found

Atkins Diet: Atkins Diet For Diabetes-Low Carb High Protein Diet To Lower Your Blood Sugar & Lose Weight-14 Day Meal Plan-42 Recipes (Atkins Diet Quickstart ... Diet,diabetes,reverse Type 2,atkins)



Synopsis

Learn How An Atkins Diet Can Help You Reduce Inflammation And Lose Weight For the Price of coffee 70 % of America is overweight...let that sink in for a bit. Where are we gonna be in 10 years from now with this rate only increasing. Our environment is not going to become any healthier, it's really on ourselves to realize that the things we are eating are nearly poison in our body. Corporations don't care about our health and well being, understand that change is a must. You must realize that your current habits are not just hurting you but your family and future. Food is information for our body, don't let these short term solutions become your long term problems. Realize that you can transform your body but it takes patience. The typical American diet is filled with sugar and carbs, both causing constant cravings, inflammation, insulin resistance, diabetes, diabetes, being overweight, etc. I'd like to introduce to you the ketogenic diet. Throughout the day you are in either two states and two states only, catabolic (fat burning mode) or anabolic (not burning fat). When you consume certain foods especially carbs/sugar you are not in fat burning mode anymore. Eating a low carb diet ensures we are in fat burning mode, meaning insulin is not present in the body. Keeping insulin low ensures: -weight loss-becoming insulin sensitive-reversing diabetes-reducing inflammation-eliminating cravings, etc.-& much more The Atkins Diet ensures little to know insulin in the body. Enjoy the ability to eat foods that aren't a burden to eat while reducing inflammation and losing weight at the same time. In the book we break down all phases and also includes a 14 day meal plan which is 44 recipes. For purchasing this book I'd like to give you-30 Diabetic Friendly smoothie Recipes-5 powerful scientific methods to lose stubborn fat -An entire book on how to overcome cravings The Truth On How To Eliminate Cravings For A Thinner Waistline

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Customer Reviews

This book is almost impossible to read. I'm not sure if it is a simple rewording of an internet search by someone whose first language is not English. Or if it needs extensive editing. Either way the grammatical presentation of the material is extremely difficult. I wish I had not wasted my money on this Kindle version. I hope to warn away all other unsuspecting victims.

This book is great! The author has done a great job explaining exactly what the atkins diet is and how to stay on track to lose weight. I love the 14 day meal plan listed inside. There are meals listed inside for breakfast, lunch, and dinner for each day with great instructions. This is a great book and I highly recommend it!

I am extremely overweight and have always put off any type of diet. After my doctor discussed the possibility of becoming diabetic, I decided to make a change. I ran across this book and will have to admit, it's very well put together. The author describes the Atkins diet very well and not to mention, put together several weeks of recipes for me to follow! Overall a great book!!

This book is clearly not written by a person who knows English fluently. It is difficult to read because of the strange choice of words and rambling sentence structure. My opinion is that this was produced in an attempt to make a quick "buck" off of the American consumer.

This guide takes you through the phases and stages of the Atkins diet plan. It talks about the carbs and how the body works with insulin. It also talks about what kinds of food you can eat. The guide also has recipe's to make sure you stick to a eating plan. Anyone could use this guide, and start today.

It's important for those who may have a family history of diabetes to take this short read as a guide.

I bought this book because I have a family member who has diabetes and wanted to learn more about this diet. The book explains very good how food affects diabetes and breaks down the foods in the different types that should be followed under the Atkins diet. I liked that it breaks down the stages from beginning to lifetime maintenance plan. Recommended for those who are willing to try a new option to regulate their diabetes.

A handy guide to the Atkins diet! Features a low carb diet program proven to result in successful weight loss. By limiting consumption of carbohydrates, the body's metabolism converts stored body fat to energy. Amazing!

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