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Atkins diet reviews - 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.

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Atkins Diet Definition. The Atkins diet is a high-protein, high-fat, and very low-carbohydrate regimen. It emphasizes meat, cheese, and eggs, while discouraging foods

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The purpose of the Atkins Diet is to change your eating habits to help you lose weight and keep it off. The Atkins Diet also says it's a healthy lifelong approach to

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.

The risks of fad dieting

the Atkins' diet did prove to be a somewhat successful. Fad Diets: A Medical Dictionary, Bibliography, and Annotated Research Guide to Internet References.

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Atkins diet: medscape connect

Please do not give too much coverage about the atkins diet in medical setting, because that is misleading to our colleagues.

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Medical Definition of ATKINS DIET: a weight loss program that emphasizes a diet low in carbohydrates along with little restriction on protein, fat, or total caloric

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Atkins diet: A high-protein, high-fat, low-carbohydrate weight-loss diet popularized by Dr. Robert C. Atkins that allows for unrestricted amounts of meat, cheese and

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Robert atkins (nutritionist) - wikipedia, the free

Robert Coleman Atkins (October 17, 1930 April 17, 2003) was an American physician and cardiologist, best known for the "Atkins Nutritional Approach", or "Atkins

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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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