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Atkins' new discovery: when he put many of his patients on diets to correct weight problems, their health problems improved as well.

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The Atkins diet is a low-carbohydrate fad diet devised by Robert Atkins. 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 increase the risk of heart disease.

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### **The 21-Day Weight Loss Breakthrough Diet | The Dr. Oz Show**

The Atkins diet is a low-carb diet, usually recommended for weight loss. Proponents of this diet claim that you can lose weight while eating as much protein and fat as you want, as long as you ...

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## **The Atkins Diet: Everything You Need to Know**

Dr. Atkins' nutrition breakthrough by Atkins, Robert C., 1981, W. Morrow edition, in English - 1st ed.

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Robert Coleman Atkins was an American physician and cardiologist, best known for the Atkins Diet, which 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. The commercial success of Atkins' diet plan led Time to name the doctor one of the ten most influential people in 2002. The Atkins diet has been described as "one of the most popular fad diets in the Un

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Dr. Atkins' nutrition breakthrough : how to treat your medical condition without drugs by Atkins, Robert C. Publication date 1981 Topics Diet therapy, Orthomolecular therapy ... Internet Archive Books. American Libraries. Uploaded by MerciG on April 26, 2010. SIMILAR ITEMS (based on metadata) ...

## **Robert Atkins (physician) - Wikipedia**

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