



## Dr. Atkins' Age-Defying Diet

By Robert C. Atkins, Sheila Buff, Robert Atkins

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**Dr. Atkins' Age-Defying Diet** By Robert C. Atkins, Sheila Buff, Robert Atkins

Millions of people around the world rely on Dr. Atkins' groundbreaking dietary advice-his amazing *New Diet Revolution* has topped the *New York Times* bestseller list for nearly four years! Now he offers the next step in health improvement-a powerful, anti-aging program utilizing his innovative dietary ideas, combined with the latest research on exercise, vitamins, herbs, hormones, and other supplements. This safe, easy-to-follow regimen not only fights age-related illnesses like heart disease, cancer, arthritis, and diabetes, but dramatically improves the way we look and feel as we age. In this indispensable age-defying guide, Dr. Atkins reveals:

- How a low-carb, high-protein diet-rich in both natural and supplementary antioxidants-can significantly boost your immunity
- Effective ways to decrease free radicals and increase blood flow to the brain-the key to enhancing mental functioning and memory
- How to stabilize blood sugar levels to greatly reduce the risk of cardiovascular disease and adult-onset diabetes
- Why hormones keep us young-and how to prevent hormone decline that comes with aging
- Essential ways to cleanse your body of harmful bacteria and other toxins
- And many other ways to stay healthy, fit, energetic, and young!

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## **Editorial Review**

### **Amazon.com Review**

Dump the food pyramid that the American Dietetics Association, the American Academy of Pediatrics, the National Institutes of Health, and the American Cancer Society all implore you to follow for the sake of your health. Take antioxidant supplements (but skip most of the foods that naturally contain these nutrients). Eat a high-protein diet that has received the thumbs-down from major medical and nutrition experts and associations and has been deemed especially dangerous for women, as it depletes the body's calcium stores. If you believe that Dr. Atkins somehow knows better than all those experts and organizations, here's his latest--a plan to defy aging through eating a high-protein, low-carbohydrate diet, taking lots of supplements, optimizing your hormones, detoxifying your body through chelation therapy, exercising, and taking brain-boosters like ginkgo biloba. Free radicals, insulin resistance, sugar--these are the reasons we age, get sick, and get fat, insists Atkins, not dietary fat. Eggs are good for you. The cholesterol you eat does not affect the cholesterol in your blood, he says. He scoffs at "the unholy alliance among the American Heart Association, American Medical Association, American Diabetes Association, and U.S. government in its many manifestations (FDA, Department of Agriculture, NIH, et al.)." One wonders why Atkins thinks all these medical organizations would band together to promote an unhealthy diet and not herald Atkins as a genius if, indeed, he had the answer.

### **From Publishers Weekly**

The author of Dr. Atkins' New Diet Revolution argues here that the use of supplements and a change in diet can eliminate many health problems, including cardiovascular disease, diabetes and stroke. Most diets focus on reducing the consumption of fat rather than cutting back on sugar; according to Atkins, people should reconsider their intake of both. Along with an explanation of how the body processes chemicals, Atkins examines the negative impact of carbohydrates, explaining that their refining "is in reality the greatest unacknowledged cause of death in world history." He discusses the equally damaging impact of free radicals and offers advice on which supplements everyone should be taking, including Vitamin C, Vitamin E and lipoic acid, among others. The actual diet portion of the book is only about 70 pages and does not include a meal-by-meal plan or caloric charts, omissions serious dieters will notice. Instead, Atkins continues to promote the two key principles--everyone, regardless of their weight, must reduce the amount of carbohydrates they consume, and everyone should also eat a variety of antioxidants, primarily from vegetables, fruits and supplements. Atkins's philosophy on taking supplements and eating a range of foods is sound, though other physicians may well question the doses he recommends. Author tour.

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### **From Library Journal**

His first book since the best-selling New Diet Revolution.

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## **Users Review**

### **From reader reviews:**

#### **Joanne Hall:**

The book Dr. Atkins' Age-Defying Diet gives you the sense of being enjoy for your spare time. You can use

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### **Michael Beebe:**

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