



Lose Weight with the Atkins and Low Carb Diet Plans: A Beginner's Guide to the Atkins and Low Carb Diets (Paperback)

By Nicole Harrington

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Get Fit and Blast Fat on the Atkins and Low Carb Diet Plans For the first time, two books, Atkins Diet and Low Carb Diet by Nicole Harrington, are being offered in one collection. Discover how both of these great diets can help you obtain your goal weight and gain a better and healthier life. Description from Atkins Diet by Nicole Harrington The Atkins Diet is based on the basic idea that excessive carbohydrate consumption, especially starches and simple sugars can lead to weight gain. Consequently, Dr. Atkins advocated the consumption of excess fats and proteins as well as the daily consumption of nutrients through vitamins and mineral supplements. This diet also attempts to minimize the production of insulin while inducing the state of ketosis just like other ketogenic diets. Basically, when there is a high amount of glucose in the bloodstream because of excessive consumption of carbohydrate-containing foods, the human body produces insulin that helps to get rid of excess glucose in the bloodstream and then store the same in the muscle tissues and liver as glycogen. It also...



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Reviews

This publication may be really worth a go through, and a lot better than other. It really is written in simple terms and never difficult to understand. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Natalie Abbott**

This book will not be simple to get going on reading but extremely exciting to read through. Yes, it can be play, still an interesting and amazing literature. I am very easily could possibly get a delight of reading a written book.

-- **Rene Olson**