



Atkins Diet: How to Achieve Great Results on the Atkins Diet

Jeannie Lambert

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Discover what millions of people have learned: the Atkins diet is a safe and proven way to lose weight

Tired of trying new diets and not seeing results? You aren't alone. Many people try to lose weight, making huge sacrifices, but failing to see any positive results on the scale. The Atkins diet aims to change all this.

The Atkins diet has four distinct phases that the individual uses of when they choose to go on this diet. The premise of the diet is that in absence of easy calories like carbs, the body will begin to burn stored fat as a fuel source. The aim of the diet is to switch the body from using carbohydrates as fuel source to proteins.

Quite simply the Atkins diet works. There is considerable evidence that the diet does reduce cholesterol as well as factors contributing to heart disease.

Don't struggle any longer trying to lose weight. With the Atkins diet, positive results are finally within your reach.

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