



Dr. Atkins' Age-Defying Diet Revolution

Dr. Robert C. Atkins M.D.

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The doctor America trusts now shows you how to live longer and feel better!

World-renowned medical expert Dr. Robert C. Atkins has shown millions how to lose weight and keep it off, eating the foods they like without being hungry. Now he presents a revolutionary program to give you a longer, better, healthier life.

This new plan is not just a diet, it's an easy-to-stay-with regimen that combines nutrition and vitanutrient supplements into a unique, age-defying program.

You'll learn the safest, surest ways to help:

- Add many more years to your life
- Boost your immune defenses
- Enhance brain function and memory
- Reduce the risk of cardiovascular disease
- Lose weight without restricting calories
- Combat adult-onset diabetes

Through his bestselling books and his Atkins Center for Complementary Medicine, Americans have trusted Dr. Robert C. Atkins with their health and diet concerns for over twenty-five years. Now he shows us a clear, effective way to feel younger, stronger, healthier, and more energized!

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