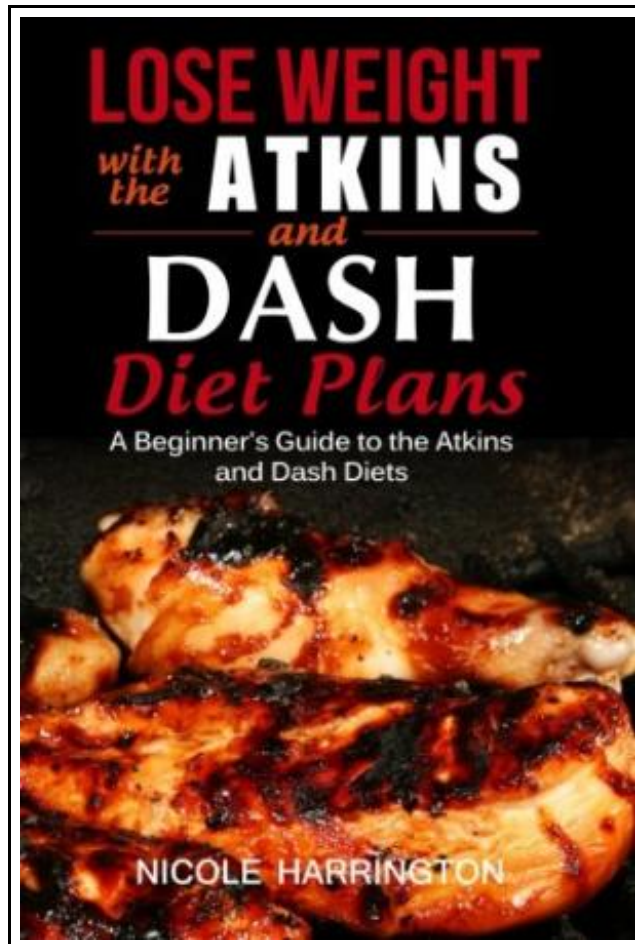


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(Rebecca Bechtelar)

LOSE WEIGHT WITH THE ATKINS AND DASH DIET PLANS: A BEGINNER S GUIDE TO THE ATKINS AND DASH DIETS



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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Get Fit and Blast Fat on the Atkins and Dash Diet Plans For the first time, two books, Atkins Diet by Nicole Harrington and Dash 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 stores it as fat in adipose tissues (fat cells). Basically, there are four different phases of the Atkins Diet structured to assist dieters learn healthier ways of achieving the best weight loss results. These phases include: 1. The Induction Phase - Created to help the human body break down its carbohydrate addiction; 2. The Ongoing Weight Loss (OWL) Phase - This is intended to slow down weight loss so as to create the foundation for the management of permanent weight loss; 3. Pre-maintenance Phase - This is where dieters prepare as well as acquaint themselves with the...

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