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The weight loss part of their diet has two phases. Robert C. Atkins, M.D., "Dr. Atkins' NEW Diet Revolution", Dr. Atkins' New Diet Cookbook

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Official web site of the Atkins Diet program, pioneer and advocate for the use of low carbohydrate diets. Includes details on the science behind the diet.

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Here s my review of The New Atkins for a New You, a weight-loss book by Dr. Eric Westman, Dr the Atkins diet, it is designed for weight loss via high fat

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Dr. Atkins, a well-known cardiologist, The weight loss phases of the Atkins Diet should not be used by persons on dialysis or by pregnant or nursing women.

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