

# **Atkins Made Easy: The First 2 Weeks By Atkins Health & Medical Information Services**



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The Atkins diet is named for Robert C. Atkins, Phases of the Atkins Diet. Induction At least two weeks. (Illustration by GGS Information Services

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You'll lose five pounds in your first week through the published in 2006 in the British Medical Journal, Atkins dieters lost on the Atkins Diet does

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Atkins diet, also known as Atkins nutritional approach, The first two weeks of the Atkins Diet are strict, fat and protein and health." Atkins Nutritionals

### **Atkins diet information - about.com health**

Atkins Diet to give you a basic understanding about how the diet works, including descriptions of the Atkins Health; Low Carb Diets; Atkins Diet Information

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