

# **Drr. Atkins" Super Energy Diet By Robert C., M. D. Atkins**

**By Robert C., M. D. Atkins**

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The Atkins diet is named for Robert C. Atkins, M.D., The Atkins diet is named for Robert C. Atkins, M.D., emphasized that a focus on protein builds energy,

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**Robert Atkins (nutritionist) - Wikipedia, the -**

the human diet has relied on carbohydrates to supply energy for thousands of years, Atkins, Robert C. Dr. Atkins' Diet Planner M. Evans and Company, 2003

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**Atkins diet - Wikipedia, the free encyclopedia -**

In ketogenic diets there is production of ketones that contribute to the energy Eric C. Westman, M.D Robert C. Atkins (2001) Dr. Atkins' New Diet

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