

## **Dr. Atkins' Age-defying Diet Revolution: Feel Great, Live Longer (Paperback) - Common**

By (author) Robert C. Atkins



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Using his programme of diet and vita-nutrient supplementation, Dr Atkins helps you defy the ageing process. The book presents a symptom-by-symptom discussion of specific signs of ageing and their cause, and then proceeds with a comprehensive run-down of breakthroughs in age-defying medicine.

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