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Has anyone ever been on the Atkins diet and how did it go? I remember I tried it many years ago and lost a good 23 pounds. I thought it was easy and fun at the time

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The New Atkins Made Easy: (Colette Heimowitz) at Booksamillion.com. Atkins simplified--a faster, easier, and more effective plan for healthy, low-carb eating that

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now is the time to give it a try, said Colette Heimowitz, (with The New Atkins Made Easy: A Faster, Simpler Way to Shed Weight and Feel Great?Starting Today!)

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The New Atkins Made Easy (2013) is a low-carb, ketogenic diet, where you eat whole foods and slowly introduce carbs to find your carb tolerance.

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