

**THE 14 DAY ATKINS DIET. By JOHN. (EDITOR)  
KOSKI**

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Atkins diet, also known as Atkins nutritional approach, is a low-carbohydrate diet promoted by Robert Atkins from a research paper he read in The Journal of the

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The Guardian. home lifestyle; food according to the first clinical trial of the controversial Atkins diet by which so many slim celebrities Dr John Briffa

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