

Robert Atkins

Quotes

*People, Cancer, Heart, Pounds, Diets, Obesity Epidemic, Blockage, Simple,
Too Much, Weight, Physicians, Goes On, Junk Food, Related, Ideas, Loss,
Would Be, Sweet, Benefits, Broken Heart*

A controlled carbohydrate lifestyle really prevents risk factors for heart disease.

~Robert Atkins

You take the healthiest diet in the world, if you gave those people vitamins, they would be twice as healthy. So vitamins are valuable.

~Robert Atkins

How much obesity has to be created in a single decade for people to realize that diet has to be responsible for it?

~Robert Atkins

The people in power have created an obesity epidemic.

~Robert Atkins

Carbohydrate is the bad guy. You have to see that.

~Robert Atkins

I was gaining weight very rapidly and read about the idea of restricting carbohydrates as an alternative to going hungry. I had a big appetite, so that was the only thing I would even consider.

~Robert Atkins

I think I can wipe out diabetes.

~Robert Atkins

Everyone would be healthier if they didn't eat junk food.

~Robert Atkins

Essiac is a therapeutic tea that all cancer patients can benefit from.

~Robert Atkins

I want the public to know the truth, not every condition affecting the heart comes from a blockage.

~Robert Atkins

I weighed 193 pounds and had three chins. I couldn't get up before 9 a.m. and never saw patients before 10. I decided to go on a diet.

~Robert Atkins

I don't like when people try to put a spin and have a second agenda to make a person look bad.

~Robert Atkins

Fruit is definitely on the maintenance diet. It's on the lifestyle diet.

~Robert Atkins

I have had cardiomyopathy, which is a non-coronary condition and is in no way related to diet.

~Robert Atkins

Well, I would never do a study because I'm a practicing physician. I mean, all I do is treat people.

~Robert Atkins

There are many, many people who have lost 100 pounds and kept it off.

~Robert Atkins

Food compulsion isn't a character disorder; it's a chemical disorder.

~Robert Atkins

I eat more vegetables than the average vegetarian.

~Robert Atkins

A diet should be named after what you do eat, not what you don't eat.

~Robert Atkins

Don't fix what's not broken.

~Robert Atkins

If you believe that weight loss requires self-deprivation, Im going to teach you otherwise.

~Robert Atkins

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