

The Veronica Atkins Foundation

Dr. Robert C. Atkins Vision Continues...

Dr. Atkins was responsible for making the world aware of the benefits of the low carb way of life – healthy carbs versus unhealthy ones, the importance of insulin and blood sugar regulation, fat burning and ketones, protein and natural fats for satiety and hunger control, the dangers of trans fats, the significance of HDL and triglycerides for heart health.

As a pioneer in the areas of natural medicine and nutritional pharmacology, he educated many about the overall benefits of complementary medicine as an alternative to pharmaceuticals and surgery for many debilitating illnesses. These are just a few of the subjects he regularly wrote and spoke about.

Upon his death in April 2003, Dr. Atkins' work was far from done. For some time he had worked on an outline for a book about the prevention and treatment of type 2 diabetes. While he was deeply disturbed by the increasing number of children exhibiting early signs of diabetes or who had already developed it, he was equally heartened by the profound impact of his treatment. He saw the coming epidemic of obesity and type 2 diabetes and knew he had the remedy to treat, prevent and reverse this devastating disease. *Atkins Diabetes Revolution* (link), published in 2004, was based on Dr. Atkins' low-carb principles and was written by two close colleagues, Mary Vernon, M.D. and Jacqueline Eberstein, R.N.

While the phenomenal success of his Diet Revolution books earned him the label "diet doctor", Dr. Atkins was never comfortable with it – and rightly so; he was a practitioner and innovator of complementary medicine who used his low carb lifestyle as the foundation for the myriad nutritional therapies he used.

Although he is no longer with us, those of us who knew and worked with this brilliant and insightful man and were touched by the depth of his passion and commitment, are firm in our dedication to carry on his legacy – and that is the purpose of this website.

This site is a collaboration by those of us who knew Dr. Atkins best. We have joined forces to carry on his mission. We will provide up-to-date and accurate information about the Atkins Lifestyle, not only for weight management but to address the rapidly increasing incidence of the metabolic syndrome that leads to chronic diseases such as diabetes, heart disease and even cancer.

www.controlcarb.com will provide information regarding the complementary medicine aspect of his philosophy and endeavor to make it easier for healthcare practitioners to locate research supporting a low carbohydrate way of life.

As more and more research is generated supporting Dr. Atkins' decades of clinical observations we are committed to carry on his message and to provide the tools to help people on a path to better health.

Veronica Atkins
Jacqueline Eberstein, R.N.

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