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The South Beach Diet: The Delicious, Doctor-Designed, Foolproof Plan for Fast and Healthy Weight Loss

Arthur Agatston

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THE DIET EVERYONE'S TALKING ABOUT!

Developed by noted Miami cardiologist Dr. Arthur Agatston for his patients, THE SOUTH BEACH DIET became a national phenomenon-because it works. It's not low fat. It's not low carbs. It teaches you to use the right carbs and the right fats to change your body chemistry to burn fat, help reduce your cholesterol, and help prevent metabolic syndrome (pre-diabetes). As a result, you'll lose weight quickly and safely.

Dr. Agatston's plan allows you to eat the foods you love-meat and fish, cheese, healthy oils and nuts, vegetables, and the right carbohydrates and sweets. There's no mandatory exercise, and you're never left craving more food. Structured in three simple phases, this may be the easiest diet that you've ever tried.

PHASE ONE: Say goodbye to bad-for-you "goodies"!
Your cravings will disappear...and so will eight to thirteen pound.

PHASE TWO: Your stomach is visibly smaller and favorite foods are back on the menu!
Your body is burning calories, not storing them!

PHASE THREE: The stage that lasts the rest of your life-normal foods in normal portions.
You will keep your ideal weight...and maintain your health and vitality.

With recipes and meal plans for each phase!

"The real value of the book is its sound nutritional advice."
-Newsweek

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From reader reviews:

Austin Lawrence:

As people who live in often the modest era should be upgrade about what going on or information even knowledge to make these individuals keep up with the era and that is always change and make progress. Some of you maybe will probably update themselves by reading through books. It is a good choice for yourself but the problems coming to anyone is you don't know what one you should start with. This The South Beach Diet: The Delicious, Doctor-Designed, Foolproof Plan for Fast and Healthy Weight Loss is our recommendation to cause you to keep up with the world. Why, since this book serves what you want and need in this era.

Terrence Kimball:

Playing with family in a very park, coming to see the water world or hanging out with close friends is thing that usually you may have done when you have spare time, subsequently why you don't try matter that really opposite from that. A single activity that make you not experience tired but still relaxing, trilling like on roller coaster you already been ride on and with addition info. Even you love The South Beach Diet: The Delicious, Doctor-Designed, Foolproof Plan for Fast and Healthy Weight Loss, you can enjoy both. It is great combination right, you still need to miss it? What kind of hangout type is it? Oh occur its mind hangout folks. What? Still don't obtain it, oh come on its called reading friends.

Andrew Blanton:

This The South Beach Diet: The Delicious, Doctor-Designed, Foolproof Plan for Fast and Healthy Weight Loss is new way for you who has curiosity to look for some information given it relief your hunger associated with. Getting deeper you on it getting knowledge more you know or else you who still having small amount of digest in reading this The South Beach Diet: The Delicious, Doctor-Designed, Foolproof Plan for Fast and Healthy Weight Loss can be the light food for yourself because the information inside this book is easy to get through anyone. These books produce itself in the form which can be reachable by anyone, yes I mean in the e-book form. People who think that in reserve form make them feel drowsy even dizzy this e-book is the answer. So there is no in reading a reserve especially this one. You can find what you are looking for. It should be here for you actually. So , don't miss it! Just read this e-book kind for your better life and knowledge.

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As a pupil exactly feel bored to be able to reading. If their teacher requested them to go to the library or make summary for some reserve, they are complained. Just very little students that has reading's spirit or real their interest. They just do what the educator want, like asked to go to the library. They go to generally there but nothing reading seriously. Any students feel that looking at is not important, boring and also can't see colorful photographs on there. Yeah, it is to become complicated. Book is very important for yourself. As we

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