

THE SOUTH BEACH DIET: A DOCTOR'S PLAN FOR FAST AND LASTING WEIGHT LOSS By ARTHUR AGATSTON

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May 12, 2014 Description The South Beach Diet has helped millions of people lose weight because IT WORKS. The principles of weight loss have stood the test of time

The south beach diet supercharged: faster weight

In the all-new The South Beach Diet Supercharged, Dr. Agatston shows you how to rev up your metabolism and lose weight faster while following the proven healthy

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Phase 1 of the South Beach Diet starts strict, but the purpose is clear: to help kick-start your weight loss and stabilize blood sugar levels to minimize cravings.

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THE SOUTH BEACH DIET became a national phenomenon Foolproof Plan for Fast and Healthy Weight Loss by; The South Beach Diet Arthur Agatston.

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