

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

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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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