



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

*Arthur Agatston*

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For years, cardiologist Arthur Agatston, M.D., urged his patients to lose weight for the sake of their hearts, but every diet was too hard to follow or its restrictions were too harsh. Some were downright dangerous. Nobody seemed to be able to stick with low-fat regimens for any length of time. And a diet is useless if you can't stick with it.

So Dr. Agatston developed his own. The South Beach Diet isn't complicated, and it doesn't require that you go hungry. You'll enjoy normal-size helpings of meat, poultry, and fish. You'll also eat eggs, cheese, nuts, and vegetables. Snacks are required. You'll learn to avoid the bad carbs, like white flour, white sugar, and baked potatoes. Best of all, as you lose weight, you'll lose that stubborn belly fat *first*!

Dr. Agatston's diet has produced consistently dramatic results (8 to 13 pounds lost in the first 2 weeks!) and has become a media sensation in South Florida. Now, you, too, can join the ranks of the fit and fabulous with *The South Beach Diet*.

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Spent a free the perfect time to be fun activity to perform! A lot of people spent their free time with their family, or their very own friends. Usually they accomplishing activity like watching television, gonna beach, or picnic within the park. They actually doing same every week. Do you feel it? Will you something different to fill your current free time/ holiday? Could be reading a book is usually option to fill your free time/ holiday. The first thing that you will ask may be what kinds of reserve that you should read. If you want to try look for book, may be the guide untitled The South Beach Diet: The Delicious, Doctor-Designed, Foolproof Plan for Fast and Healthy Weight Loss can be great book to read. May be it can be best activity to you.

#### **Dean Rakestraw:**

The South Beach Diet: The Delicious, Doctor-Designed, Foolproof Plan for Fast and Healthy Weight Loss can be one of your nice books that are good idea. We all recommend that straight away because this reserve has good vocabulary that can increase your knowledge in vocab, easy to understand, bit entertaining but still delivering the information. The writer giving his/her effort to get every word into satisfaction arrangement in writing The South Beach Diet: The Delicious, Doctor-Designed, Foolproof Plan for Fast and Healthy Weight Loss however doesn't forget the main stage, giving the reader the hottest along with based confirm resource data that maybe you can be considered one of it. This great information could drawn you into completely new stage of crucial considering.

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