



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

By M.D. Arthur S Agatston

St Martin s Press, United States, 2005. Paperback. Book Condition: New. Reissue. 175 x 109 mm. Language: English . Brand New Book. 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...



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