

**The South Beach Diet Book And The South Beach Super
Charged Workout Dvd By Arthur Agatston**

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Five years ago, with the publication of The South Beach Diet, renowned Miami cardiologist Dr. Arthur Agatston set out to change the way America eats.

South beach diet -- what you need to know -- us

South Beach focuses on choosing good carbs and good fats in a 3-phase process. It may aid rapid weight loss, but it may be hard to follow long-term.

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