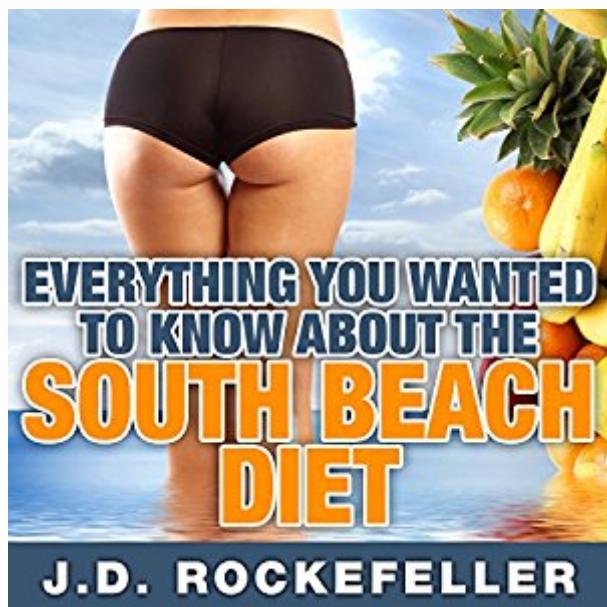


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# Everything You Wanted To Know About The South Beach Diet



## Synopsis

One of the most popular diets of all time, the South Beach Diet involves keeping a healthy balance between fats and good carbs. The diet is based on the glycemic index. It involves cutting down on bad carbs and thus improving the metabolism of the food you eat as well as enhancing your insulin resistance. Both factors combine to help you lose weight in a healthy manner. But what can you eat, and what is it that you can't eat? Does it really work? If it does work, how does it work? What are the different phases of this diet? How do I follow these phases? Will it help me? Lots and lots of your questions about the diet will be answered if you just go through this guide from the beginning to the end.

## Book Information

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