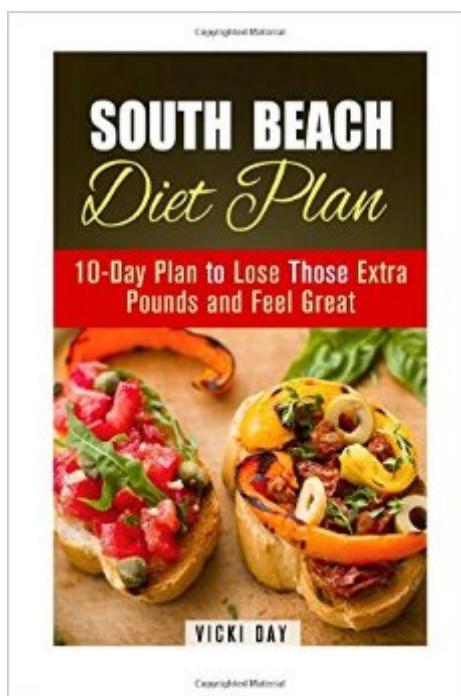


The book was found

South Beach Diet Plan: 10-Day Plan To Lose Those Extra Pounds And Feel Great (Low Carb & Gluten-Free)



Synopsis

Did you know that you can lose as much as 6 kilos of weight within 10 days? With the South Beach Diet, you can! Why the South Beach Diet? It is only one of the few diets in the world that was developed both by a doctor and a dietitian. It represents the combined expertise of the two professions that have the best information and experience on food and its role on weight loss and health. Right now, you may be struggling with your weight and you cannot keep up with the many diets that you have chosen. Aside from weight problems, you may also have issues with your blood sugar and cholesterol levels, indicating either diabetes or cardiovascular diseases. Try as you may, no diet seems to work for you. If you want to retake control of your weight, health and well-being away from your cravings and diet see-saws, then the South Beach Diet is for you! If you want to learn the secrets, assessment and preparation for the diet, then this book is for you. If you also want to have both the abstract concepts of the diet along with concrete actions plans to practice the diet, then this book is also for you. Finally, if you want recipes to jumpstart your journey towards weight loss, then this book is also for you. Inside You Will Learn about the:

- Background of the diet and the background of its developer
- Dangers of diseases, such as diabetes, hypertension and obesity
- Rewards and bonus benefits of the diet
- Ideal health statistics and objectives related to this diet
- Ways to prepare for the diet to increase chances for success
- 3 stages of the diet, along with the recommended food groups and expectations for each of the stages
- Sample recipes for the diet, specific for stage 1 and 2
- Less known but equally important South Beach Diet Exercise Program

Once you have this combination of technical knowledge, actionable steps and easy but well-thought of recipes, then you can start your 10 day challenge to complete your weight loss program. Don't wait another minute. The sooner you learn about this information, the steps and recipes that best reflect the South Beach Diet principles, the sooner you will shed your unwanted weight and start to feel better.

Book Information

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Customer Reviews

This is a quick retelling of the south beach diet information, most of which you can find online. The recipes are nothing you couldn't find with a quick web search. The actual South a Beach Diet book is very good.

I really liked the fact that this book is acutally medicaly backed up. I started using it the moment I have read it. It has covered every step one should follow to lose weight and feel great! Well written.

excellent gives you practical advices and tips on how to be successful with your diet....- easy to follow- easy to assimilate- you lose weight, feel energized focused and healty

Great!

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