

# The South Beach Diet



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For years, cardiologist Arthur Agatston, M.D., urged his patients to loose 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 regiments 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 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 loose weight, you'll loose 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."

作者介绍:

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