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Amazon.ca: customer reviews: the south beach diet

4 stars. "Love South Beach." Liked it, used it, enjoyed it. It lives up to its name because the recipes are certainly quick - that is provided you have the

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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.