



# The South Beach Diet Supercharged: Faster Weight Loss and Better Health for Life

*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. Now he has an even more ambitious goal: to change the way America lives by helping Americans become fitter as well as thinner and healthier . . . for life.

In the all-new *The South Beach Diet Supercharged*, Dr. Agatston shows you how to rev up your metabolism and lose weight faster while following the proven healthy eating principles of the original diet: choose good carbs, good fats, lean protein, and low-fat dairy. Collaborating with Dr. Joseph Signorile, a professor of exercise physiology at the University of Miami, Dr. Agatston presents a cutting-edge, three-phase workout that perfectly complements the three phases of the diet itself. Based on the latest exercise science, this ease-into-it fitness program combines low- and high-intensity interval exercise (with a focus on walking) and functional core body-toning exercises. The result: You'll look fitter and you'll burn more fat and calories all day—even at rest.

Also included is the latest nutritional research on how specific foods high in vitamins, minerals, fiber, and a host of phytonutrients help keep you healthy; new and expanded lists of Foods to Enjoy; taste-tempting Meal Plans for phases 1 and 2; and dozens of easy-to-prepare new recipes, including Eggs Frijoles, Chock-Full-of-Veggies Chili, Roasted Tomato Soup, Homestyle Turkey Meatloaf, and South Beach Diet Tiramisu. In every chapter you'll find inspiring success stories from real-life South Beach dieters and plenty of effective weight loss tips. And as an added bonus, Dr. Agatston answers the questions you've most often asked him about the diet since the original book was published.

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Have you spare time for the day? What do you do when you have considerably more or little spare time? That's why, you can choose the suitable activity intended for spend your time. Any person spent their particular spare time to take a move, shopping, or went to typically the Mall. How about open as well as read a book titled The South Beach Diet Supercharged: Faster Weight Loss and Better Health for Life? Maybe it is to be best activity for you. You already know beside you can spend your time along with your favorite's book, you can cleverer than before. Do you agree with it has the opinion or you have other opinion?

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This The South Beach Diet Supercharged: Faster Weight Loss and Better Health for Life book is just not ordinary book, you have after that it the world is in your hands. The benefit you have by reading this book is definitely information inside this reserve incredible fresh, you will get facts which is getting deeper you read a lot of information you will get. This The South Beach Diet Supercharged: Faster Weight Loss and Better Health for Life without we comprehend teach the one who reading through it become critical in thinking and analyzing. Don't become worry The South Beach Diet Supercharged: Faster Weight Loss and Better Health for Life can bring if you are and not make your tote space or bookshelves' turn out to be full because you can have it in the lovely laptop even telephone. This The South Beach Diet Supercharged: Faster Weight Loss and Better Health for Life having very good arrangement in word and layout, so you will not experience uninterested in reading.

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#### **Tammy Dorris:**

As we know that book is significant thing to add our knowledge for everything. By a e-book we can know everything you want. A book is a group of written, printed, illustrated or blank sheet. Every year was exactly added. This e-book The South Beach Diet Supercharged: Faster Weight Loss and Better Health for Life was filled with regards to science. Spend your extra time to add your knowledge about your scientific research competence. Some people has different feel when they reading the book. If you know how big benefit of a book, you can feel enjoy to read a reserve. In the modern era like today, many ways to get book that you just

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