



Killer Diets (Paperback)

By Laura Muha

Chamberlain Brothers, United States, 2005. Paperback. Condition: New. Language: English . Brand New Book. Addresses the potential long-term repercussions of such popular diets as the Zone, the South Beach Diet, and the Atkins plan that emphasize a low-carbohydrate approach to losing weight, arguing that while the programs do have short-term benefits, they can have devastating effects on an individual's overall health. Original.



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