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### **atkins diet rapid weight pdf**

Dieting is the practice of eating food in a regulated and supervised fashion to decrease, maintain, or increase body weight, or to prevent and treat diseases, such as diabetes. A restricted diet is often used by those who are overweight or obese, sometimes in combination with physical exercise, to reduce body weight. Some people follow a diet to gain weight (usually in the form of muscle).

### **Dieting - Wikipedia**

In nutrition, diet is the sum of food consumed by a person or other organism. The word diet often implies the use of specific intake of nutrition for health or weight-management reasons (with the two often being related). Although humans are omnivores, each culture and each person holds some food preferences or some food taboos. This may be due to personal tastes or ethical reasons.

### **Diet (nutrition) - Wikipedia**

If you are overweight or have obesity, losing weight can improve your health. It might also help you prevent weight-related diseases, such as heart disease, diabetes, arthritis and some cancers.

### **Weight-Loss Diets | Diets | MedlinePlus**

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This extremely helpful guide, called the "Fatty Liver Diet Guide" is an ebook that deals with every aspect and ramification of being diagnosed with fatty liver ...

### **Fatty Liver Diet Guide**

In the last two articles, I explained how a Paleo diet can help you lose weight without trying, and why it's a better choice than many of the diets most commonly used by those trying to lose weight. In this article, I'd like to discuss some of the key strategies that can help make your weight loss journey successful. While a switch to Paleo is a great start, there are a few key lifestyle ...

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