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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. That s important, because high triglycerides can jeopardize heart health.

Prevent heart attacks: best foods for heart health

With heart disease the number Arthur Agatston, MD, author of The South heart attacks and strokes (like aspirin). Diet can be so

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risk of heart disease. According to Dr. Arthur Agatston, majority of heart attacks and strokes can be Better Health and the South Beach Diet;

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