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<http://www.youtube.com/watch?v=z1DkO8SA4GI>

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The South Beach Diet Supercharged: 1602833850 | Arthur Agatston, Joseph Signorile published 2008 under ISBN 9781602833852 and 1602833850.

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[http://www.dietsinreview.com/diet\\_column/05/south-beach-diet-supercharged/](http://www.dietsinreview.com/diet_column/05/south-beach-diet-supercharged/)

**The South Beach Diet Supercharged: M.D. Arthur -**

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