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However, there is a diet that s has a strong backing behind it, the Mayo Clinic Diet. Doctors, researchers, and medical experts all came together to develop the Mayo Clinic Diet. The Mayo Clinic, founded in 1863, has treated over 6 million people, has over 55,000 health care professional, and consists of three clinics and four hospitals.

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The premise of the "The Mayo Clinic Diet" is that it will be the last diet you will ever need. The Mayo Clinic has helped many individuals lose weight and keep it off, and "The Mayo Clinic Diet" is the compilation of these tested techniques.

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### **The Mayo Clinic Diet WebMD**

The Mayo Clinic Diet is the official diet developed by the Mayo Clinic in Minnesota. It focuses not just on what

you eat and how much you weigh but also on your overall health and lifestyle.

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### **FAQs The Mayo Clinic Diet**

The Mayo Clinic Diet is not a one-size-fits-all approach to weight loss. It is not a fad. This program helps people from all walks of life make simple, healthy, pleasurable changes that can help them achieve a weight they can maintain for the rest of their lives.

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### **Mayo Clinic Diet Review Is It Effective**

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### **The Mayo Clinic Diet by Donald D Hensrud M D**

The Mayo Clinic Diet is composed of three sections to get you started, to keep you on track, and to give you the knowledge and tools you need to stay the course. Lose It! is a two week quick-start program designed to help you lose 6 to 10 pounds in a safe and healthy way.

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