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The best and worst diet plans for 2018 CBS News

The two diets that tied for the top spot -- the Mediterranean Diet and the DASH Diet-- fit that bill because they feature real food and reasonable, flexible guidelines, experts said.

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The 3 Best 'Detox' Diets for Weight Loss Verywell Fit

As a weight loss expert, I get information sent to my office about detox diets, detox drinks, and detox pills on a regular basis. I try some but not all of the programs . These are the diets I like best, and these are the programs that I choose for myself when I do a detox.

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Dr Oz's Two Week Rapid Weight Loss Diet Pt 1 Dr Oz's

Dr. Oz's Two-Week Rapid Weight-Loss Diet, Pt 1. This is the year you win the fight over fat! Get Dr. Oz's step-by-step plan to slim down and get healthy.

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The Mayo Clinic Diet A weight loss program for life

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10 Best Diet Plans of 2019 ConsumersAdvocate org

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