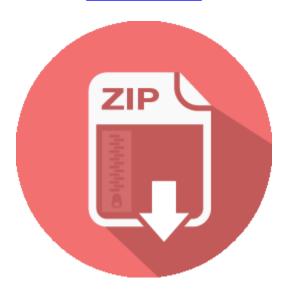
# **DIET BEST**



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

These are easily the three best detox diets for weight loss and the three most critical things to consider when choosing a detox for your body. Menu. Ian is a Harvard graduate, founder of the SHRED Lifestyle, and the author several best-selling diet books. He explains that the liver, kidney, lungs, skin, and gastrointestinal system remove

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# DASH Diet Ranked Best Overall Once Again WebMD

Best Weight Loss Diets. 1. Weight Watchers (3.8 stars): This popular diet assigns points for foods and includes a program to keep weight under control. 2.

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