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Long-term effectiveness of diet-plus-exercise interventions vs. diet-

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only interventions for weight loss: a meta-analysis. *Obes Rev.* 2009; 10 (3):313-323. [PubMed] [Google Scholar]

Health benefit of vegetable/fruit juice-based diet: Role ...

A keto diet plan is for people who want to simplify their lives while getting all the benefits of keto eating: appetite suppression, weight loss, better

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blood sugar control, and other health improvements. Keto diet plan basics. On a keto diet plan, your meals contain less than 20 grams of net carbs (total carbs minus fiber) per day.

Maintenance of lost weight and long ... - PubMed Central (PMC)

Introduction.

Vegetable/fruit juice-based diets have been

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very popular recently. However, well designed controlled research studies with clinical outcome measures providing scientific evidence of potential health benefits of juice only diets are limited 1. The consumption of vegetable/fruit juice during the abstinence from food provides essential nutrients and improves compliance.

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