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Developed by noted Miami cardiologist Dr. Arthur Agatston for his patients, THE SOUTH BEACH DIET became a national phenomenon-because it works. It's not low fat. It's not low carbs. It teaches you to use the right carbs and the right fats to change your body chemistry to burn fat, help reduce your cholesterol, and help prevent metabolic syndrome (pre-diabetes). As a result, you'll lose weight quickly and safely. Dr. Agatston's plan allows you to eat the foods you love like meat and fish, cheese, healthy oils and nuts, vegetables, and the right carbohydrates and sweets. There's no mandatory exercise, and you're never left craving more food.

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