

**American Heart Association No-Fad Diet: A Personal
Plan For Healthy Weight Loss By American Heart
Association**

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Background. The American Heart Association created their weight loss book, The No-Fad Diet, in an attempt to help dieters who may be confused by the range of diet

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American Heart Association No-Fad Diet A Personal Plan on heart-healthy living, introduces its first-ever comprehensive weight-loss book. No-Fad Diet helps you

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