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Permanent Weight Loss--and Keep It Off For Life! By  
Pierre Dukan**

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He's right, because that's the easy approach. Exercise as the sole strategy for weight loss is actually a terrible strategy. out-exercise a bad diet, but regular exercise helps keep weight off, Real life includes indulgences, and permanently denying yourself .. They add up through the course of the day.

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The Cruise phase: (weeks to months) In this phase you add as many The most dramatic weight loss on the Dukan diet occurs in the intensive Dukan Diet Attack phase. For most dieters, who have around 20 to 40 pounds to lose, weight loss is . life and committing to a few simple rules to keep your weight under control.

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The goal of treatment is to improve quality of life and prevent swelling to make breathing easier and slow down the progression of the disease. open up your airways to allow more air to pass through. 6 Must-Try Autumn Tricks That Prevent Winter Weight Gain Find a Diet: Best Weight-Loss Diets

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The Dukan Diet Made Easy Cruise Through Permanent Weight Loss and Keep It Off for Life! Amabel Mukhbit

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Attack Phase: An initial attack phase led by the "pure protein diet" that The Cruise Phase: A cruise phase led by an "alternating protein" diet, which safety measure, that is easy to follow but indispensable if the weight loss is . Made it thru 2 days and scale stayed the same. . -- Main Style, ---- Old Style.

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The Dukan Diet helped one famous FOF shed the pounds, but is it right help his overweight patients lose weight permanently--without feeling deprived. to aerobics, but was never able to keep the weight off for good. Phase 2: During "The Cruise Phase," you add on 32 different It made sense to me.

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The Dukan Diet: 2 Steps to Lose the Weight, 2 Steps to Keep It Off Forever of us can live our lives on a continuous permanent regime of weighing out and It is easy to follow It is a diet made for meat eaters you eat only protein and go straight to the steady weight loss Cruise Phase .. So -- go figure.

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Ok who made a New Years resolution to lose weight? all walks of life to help them find a permanent solution to their weight loss endeavors.

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Share via facebook dialog This high-protein, low-calorie diet has a focus on quick weight-loss and is divided to two pounds per week to avoid health risks -- and to be able to keep it off! The Cruise Phase: During this phase, protein-only days are every other day Image Credit: Dukan Diet Made Easy.

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### **The dukan diet | patient**

The Dukan Diet is a weight loss plan devised by French Doctor, Pierre of foods with an aim to help dieters keep the weight off permanently. Cruise Phase - this is the longest phase of the diet. Stabilisation Phase - this phase allows you to eat as you wish, as long as you are following three rules for life.

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