
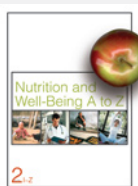


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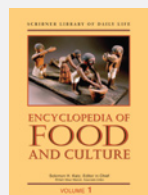
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The Gale Encyclopedia of Diets

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Some of the features include:

- Charts, illustrations, a glossary of key terms and sidebars highlighting the pros and cons of each diet
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- Diarrhea
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- The Zone
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- Atkins diet
- Sugar Busters
- Jenny Craig
- Weight Watchers
- Nutrisystem
- South Beach diet

Nutrition basics

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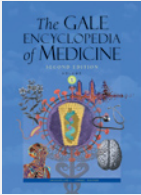
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