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This diet is best known as the British Heart Foundation Diet or the Greenland Diet and has been circulating for many years. The diet claims claims that you can lose 10lb in three days – and many of our readers get fantastic results. The diet is very popular in the UK – but the exact origins are unknown. Long term weight loss can only ever be achieved through sensible changes to diet and the introduction of regular exercise.

The 3 Day British Heart Foundation Diet - Diet News
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