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The values above the diet classes (blue boxes) correspond to the difference in mean weight lost between the columns and row at 12 months (eg, the difference in average weight lost between moderate macronutrients and no diet at 12 months is 5.70 kg).

Comparison of Weight Loss Among Named Diet Programs in

The dramatic increase in obesity worldwide remains challenging and underscores the urgent need to test the effectiveness and safety of several widely used weight-loss diets. 1-3 Low-carbohydrate ...

NEJM: Weight Loss with a Low-Carbohydrate, Mediterranean

The Epilepsy Foundation is your unwavering ally on your journey with epilepsy and seizures. The Foundation is a community-based, family-led organization dedicated to improving the lives of all people impacted by seizures. We are here for you.

Epilepsy Foundation

There is intense debate about what types of diet are most effective for treating overweight “ those that emphasize protein, those that emphasize carbohydrates, or those that emphasize fat. 1-3 ...

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