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[16 Best Diet Books to Read in 2018 - Weight Loss Books ...](#)

Ever heard of the alkaline diet? Foods contain chemicals that'll lower or raise the pH levels (acidity) in your system, and research shows that a highly acidic diet can cause early onset of inflammation and even edge you closer to certain diseases like cancer.

[10 best new diet books for 2018 - Healthista](#)

To kick off our end of January best of diet and fitness special, Healthista's Vanessa Chalmers has pored over the latest diet books and found the best for every need. We are nearing the end of January, the month where it seems everyone is jumping aboard the health wagon. In fact, a staggering

[Top 10 Weight Loss Books 2018 - Reviews, Costs & Features](#)

Reviews of the Top 10 Weight Loss Books of 2018

Welcome to our reviews of the Best Weight Loss Books of 2018 (also known as Diet & Fat Loss Books). Check out our top 10 list below and follow our links to read our full in-depth review of each weight loss book, alongside which you'll find costs and features lists, user reviews and videos to help you make the right choice.

[12 Diet Books Worth Reading - Best Weight Loss Books ...](#)

Why it's worth a read: The famous diet has a legion of fans including Oprah and Jennifer Hudson but that's not why it earned the top spot for weight loss diets on the 2017 U.S. News & World Report's Best Diet Rankings. Rather, it's because the plan really works. A

[What are the best diets for 2018? - Medical News Today](#)

The Mediterranean diet not only ranked highly for one of the best heart-healthy diets, but it also took the crown for the best diabetes diet, scoring 3.7 out of 5.

[Best Diet Books \(119 books\) - Goodreads](#)

Best Diet Books No nonsenses diet books that are sensible and work!!! All Votes Add Books To This List. 1: The 2 Week Diet Plan by Brian Flatt by: Brian Flatt, 4.10 avg rating, 68 ratings, score: 3,000, and 30 people voted Want to Read.

[The best \(and worst\) diet plans for 2018 CBS News](#)

The two diets that tied for the top spot -- the Mediterranean Diet and the DASH Diet -- fit that bill because they feature real food and reasonable, flexible guidelines, experts said.

[Best Keto Diet Books by Ketogenic Experts - MUST READ ...](#)

Naturally, we gravitate to those at the top of the Keto Diet and Nutrition food chain (The Scientists). So without further delay, here are our 5 best Keto Diet books updated for 2018. #1 The Art and Science of Low Carb Living . The Art and Science of Low Carbohydrate Living written by Dr. Stephen Phinney and Dr. Jeff Volek. This is a comprehensive guide on Ketogenic Dieting and is our number