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If you have ever dieted or know somebody who has, there is a good chance you are familiar with diets that just don't work. The reality is that no single diet or exercise program is best for one person. New research is showing that there is a logical explanation.

According to the article in the Wall Street Journal, there is a genetic pre-disposition for success in certain types of diets. For example, in a test of women who showed a genetic tendency to lose weight with a low carb diet, they lost a lot more weight than those who didn't have the same predisposition.

Check out the excerpt and see how impressive the difference is (it is more than double). If you want to read the whole article (and you probably do), click the link below the excerpt to be taken to the article on WSJ.com

In a study involving 133 overweight women, those with a genetic predisposition to benefit from a low-carbohydrate diet lost 2 1/2 times as much weight as those on the same diet without the predisposition. Similarly, women with a genetic makeup that favored a low-fat diet lost substantially more weight than women who curbed fat calories without low-fat genes. The women were followed for a year.

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