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Grapefruit and Weight Loss: The Grapefruit Diet is Alive and Well!

Grapefruits are not my favorite things. But more and more studies are being done that show the amazing health benefits of this sour fruit.

Grape fruits contain vitamin C, potassium, lycopene and beta carotene. They have also been shown to help people lose weight. The grapefruit diet was a fad diet popular years ago but scientists are seeing that people who incorporate this fruit into their diets do indeed lose weight.

The down side of grapefruit and grapefruit juice is that it can interact with some medications. Doctors warn that it can make the medications last longer in the blood stream than they are supposed to. If you're on medications talk to your doctor before you add grapefruit, or its' juice, to your diet.

Click on the link below to learn more about the health benefits of grapefruits and also to learn more about the grapefruit diet.

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