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New Diet water and vitamins is it OK or not?



uhoh! asked:

I was going to go on this new diet, that I had made it consist of only drinking water and taking vitamins for my nutrition. I am not sure if it is going to work but I have tried it before and lost like 3lbs in one day. I was just wondering if I should go through it or will it ***** with my health?

I am not seeing a doc for it.

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