The Doctor's Quick Weight Loss Diet (Paperback)

THE DOCTOR'S QUICK WEIGHT LOSS DIET By Irwin Maxwell Stillman, M.D., D-IM and Somm Sinclair Baker SOCKERSKE Medically-proven, The Doctor's Quick Weight Loss Diet-with over 60 variations-has helped more than 10,000 patients lose dangerous, excess fat safely, quickly and easily. Here, at last-available to you-xxxxxxxxx THE DOCTOR'S QUICK WEIGHT LOSS From the Doctor's Casebook: Mrs. F. G. weighed 194 lbs, and was only 5'1". She had tried to reduce 14 different times without success. The Doctor's Quick Weight Loss Diet helped her lose 10 lbs, the first week. Within a year she was at 105 Ibs, which she has maintained xxxxxxxxxxxxx Mr. D.E., at age 32, was 243 lbs, instead of 153-170 ideal weight, and he suffered from high blood pressure. The diet put him down to 183 lbs in 14 weeks. He'll stabilize at about 165 lbs. His blood pressure has dropped and he feels like a new man, xx Mrs, E, F, weighed 155 lbs, instead of her ideal weight of under 110 lbs, for her 5'2". In two months on The Doctor's Quick Weight Loss Diet she was down to 115 lbs. THE DOCTOR'S QUICK WEIGHT LOSS DIET

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Reviews

A really awesome book with lucid and perfect information. Of course, it is actually play, nonetheless an amazing and interesting literature. You are going to like just how the article writer create this ebook.

(Nakia Toy Jr.)

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Ishi Press, United States, 2011. Paperback. Book Condition: New. 272 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****. The Stillman diet became the rage back in the 1960 s and 1970 s. Why? Because it works! Unless you ve always been slim, chances are you ve heard of the famous ONE Pound A Day weight loss diet created by Dr. Irwin Maxwell Stillman and Samm S. Baker. You probably know someone who has tried it with great success, if you haven t done so yourself. Don t delay try it now because it works!! After all, it s a diet that sounds too good to be true. To shift those pounds quickly you simply need to start the day with bacon and eggs, snack on chunks of cheese and a variety of fish or meats, top coffee with cream and feast on steaks fried in butter or lobster. Not exactly the typical foods you d find on the shopping lists of most slimmers who ve grown up with the idea that a low-fat diet is the best way to lose weight. But like all things that sound too good to be true, there s a catch. And in the case of the famous Stillman s diet, it means that filling up on high-fat foods needs to be balanced by giving up most carbs including bread, potatoes, pasta, rice, chocolate, crisps, biscuits, cake -- even fruit, milk and some veg s. But you never feel hungry and it s an enjoyable and satisfying and more importantly a safe and effective weight loss plan. ONE POUND A DAY guaranteed just follow the diet.



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