The Doctor's Quick Weight Loss Diet

THE DOCTOR'S QUICK WEIGHT LOSS DIET
By Irain Massell Siliman, M.D., D-M and Sanna Sindair Basher
SOSOSOSSEN 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—NOCONOCON
THE DOCTOR'S QUICK
WEIGHT LOSS

From the Doctor's Casebook:
Mrs. E. 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
lbs, which she has maintained, NOCONOCON
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, xe 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.

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Filesize: 6.39 MB

Reviews

Merely no terms to spell out. It really is rally exciting throgh reading through period. Your daily life period is going to be enhance as soon as you complete looking over this ebook.

(Yvette Marquardt)

THE DOCTOR S QUICK WEIGHT LOSS DIET



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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