

THE DOCTOR'S QUICK WEIGHT LOSS DIET

By *Irwin Samuel Seltman, M.D., D.M.* and *James Gordon Baker*
..... 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—.....

**THE DOCTOR'S QUICK
WEIGHT LOSS**

DIET

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 165
lbs. which she has maintained.

Mr. D. E., at age 32, was 243 lbs. instead of
155-170 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. so 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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Doctors Quick Diet

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Doctors Quick Diet:

THE DOCTORS QUICK WEIGHT LOSS DIET COOKBOOK IRWIN MAXWELL STILLMAN,1972 The Doctor's Quick Weight Loss Diet Irwin Maxwell Stillman,Samm Sinclair Baker,2011-11 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 Doctor's Quick

Weight Loss Diet Irwin Maxwell Stillman,Samm Sinclair Baker,1967 **The Book of Jewish Belief** Louis Jacobs,1984 This is a Comprehensivehow Toandknow Allguide to Jewish faith and values written by great Jewish Theologian It contains answers to questions about God Torah mitzvot holidays festivals rituals Jewish symbols philosophy mysticism and more

The Hundred Year Diet Susan Yager,2010-05-11 A lively cultural history of the American weight loss industry that explores the origins of our obsession with dieting As a nation battling an obesity epidemic we spend more than 35 billion annually on diets and diet regimens Our weight is making us sick unhappy and bigger than ever and we are willing to hand over our hard earned money to fix the problem But most people don t know that the diet industry started cashing in long before the advent of the Whopper The Hundred Year Diet is the story of America s preoccupation with diet deprivation and weight loss From the groundbreaking measurement of the calorie to World War I voluntary rationing to the Atkins craze Susan Yager traces our relationship with food weight culture science and religion She reveals that long before America became a Fast Food Nation or even a Weight Loss Nation it was an Ascetic Nation valuing convenience over culinary delight Learn how one of the best fed countries in the world developed some of the worst nutritional habits and why the respect for food evident in other nations is lacking in America Filled with food history cultural trivia and unforgettable personalities The Hundred Year Diet sheds new light on an overlooked piece of our weight loss puzzle its origins *Very Much a Lady* Shana Alexander,2006-12-29 A classic tale of true crime now an HBO film titled Mrs Harris starring Annette Bening as Jean Harris and Sir Ben Kingsley as the Scarsdale Diet doctor Jean Harris belonged to the last generation of Americans brought up to believe that nice girls get married But her love affair with Dr Herman Tarnower went on for fourteen years without a marital

commitment One night Jean Harris the prim headmistress of an elite girls school shot the famous Scarsdale Diet doctor to death Was she a jealous woman bent on revenge Or the desperate victim of a Dr Feelgood who kept her enslaved by drugs and passion In this incredible book acclaimed journalist Shana Alexander exposes the dark truth behind the killing the high drama of a sensational trial and the fate of a complex woman doomed by her love and her own desire **The Doctor's Quick Weight Loss Diet** Katherine G. Wilson,2018-11-24 The Dr s Quick Weight Loss Diet Summary Before the Atkins Diet before the Dukan Diet there was the Stillman Diet The Diet that first brought us the advantages of using protein to lose our excess weight without hunger This is a summary of the original Dr s Quick Weight Loss diet along with the additional updates from later published works Enjoy No hunger Quick Weight Loss Ketogenic Type Diet Combined with easy Intermittent Calorie Counting Lose 5 to 10% of your body weight in the first week High Protein Low Fat Diet Lose weight quickly without hunger Original Diet and Food Lists Diet Updates Additional Food Lists Sample Recipes How to Keep the Weight Off

Diets and Dieting Sander L. Gilman,2008-01-23 Diets and dieting have concerned and sometimes obsessed human societies for centuries The dieters regime is about many things among them the control of weight and the body the politics of beauty discipline and even self harm personal and societal demands for improved health spiritual harmony with the universe and ethical codes of existence In this innovative reference work that spans many periods and cultures the acclaimed cultural and medical historian Sander L Gilman lays out the history of diets and dieting in a fascinating series of articles *National Library of Medicine Current Catalog* National Library of Medicine (U.S.),1971 First multi year cumulation covers six years 1965 70 *Dr. Solomon's Easy, No-risk Diet* Neil Solomon,Mary Knudson,1974 **Rating the Diets** Theodore Berland,1983 **Childhood Obesity in America** Laura Dawes,2014-06-09 Obesity among American children has reached epidemic proportions Laura Dawes traces changes in diagnosis treatment and popular conceptions of the most serious health problem facing American children today and makes the case that understanding the cultural history of a disease is critical to developing effective public health policy *Forbes* Bertie Charles Forbes,1951 This business magazine covers domestic and international business topics Special issues include Annual Report on American Industry Forbes 500 Stock Bargains and Special Report on Multinationals **Natural Weight Loss** Prevention Magazine Editors,Staff Prevention,1985 Presents a systematic holistic approach to weight control *The Publishers Weekly* ,1972 *The National Jewish Monthly* ,1970 *The Marine Corps Gazette* ,1981 **Health** ,1986 *Evergreen Review* ,1968 *Life* ,1982

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