



The Doctor's Quick Weight Loss Diet (Paperback)

By Irwin Maxwell Stillman, Samm Sinclair Baker

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 1960s and 1970s. 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...



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Reviews

An extremely wonderful book with lucid and perfect information. It is one of the most awesome publication I have read. Your life period will probably be enhance the instant you total looking at this pdf.

-- Prof. Dan Windler MD

It is really an amazing publication I actually have at any time read. It is really simplistic but unexpected situations inside the 50 percent of your pdf. Its been written in an exceptionally simple way in fact it is just right after I finished reading this ebook where actually transformed me, alter the way I really believe.

-- Dr. Celestino Spinka III

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