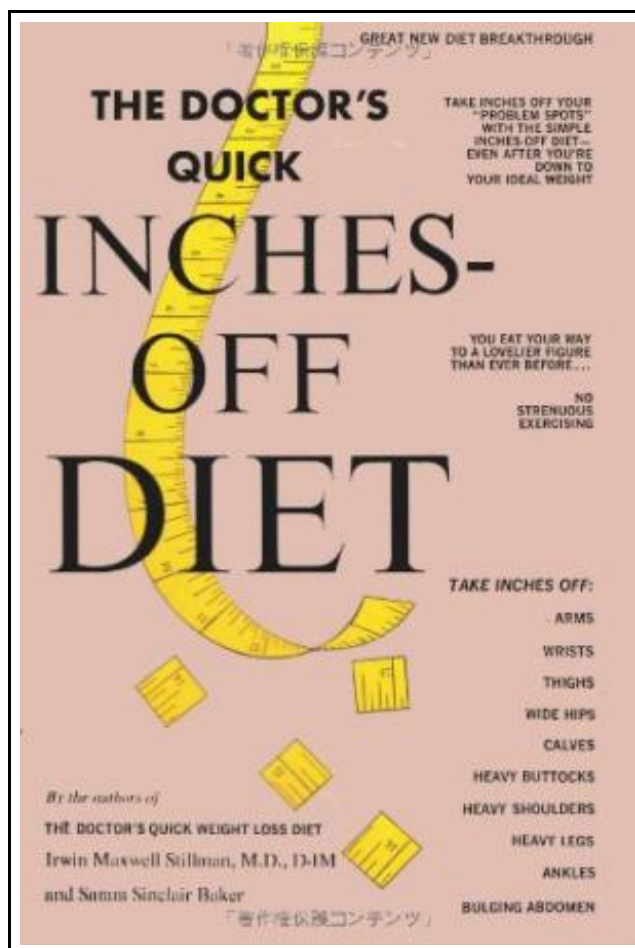


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Ishi Press, United States, 2011. Paperback. Book Condition: New. 229 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.The Stillman diet became the rage back in the 1960 s and 1970 s.Why? Because it works!Unless you ve always 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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