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The New Beverly Hills Diet

By Judy Mazel

Health Communications. Paperback. Book Condition: New. Paperback. 320 pages. Dimensions: 8.4in. x 5.5in. x 0.8in. Imagine a program where you can indulge in your favorite foods--from steak to pasta, and even champagne--and still lose weight easily. Then imagine being able to maintain your new slim shape forever. With this new program, author Judy Mazel has made your dreams a reality. She shows you how to take charge of the foods you eat to achieve a lifestyle eating plan that will keep you off the fat track for good. The secret to your new slimhood rests with Conscious Combining. Refined and expanded from its introduction in Mazel's original book, this technique teaches you how and when to mix different food groups for optimum weight control. You'll also learn the four golden rules of weight management, plus the significance of enzyme interaction in weight loss. The program now includes a 35-day Born Again Skinny diet with recipes for your new food lifestyle. This is a diet many Hollywood stars have embraced. Judy's private client list has included luminaries such as Jack Nicholson, Jodie Foster, Maria Shriver and Engelbert Humperdinck. They, and countless others, found this to be the lifestyle eating plan that changed...


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