



The Doctor's Quick Weight Loss Diet Cookbook,

Irwin Maxwell. Stillman

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All the rage 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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Michael Canton:

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