



The New Beverly Hills Diet: The latest weight-loss research that explains a conscious food-combining program for LIFELONG SLIMHOOD

Judy Mazel

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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 their shape forever.

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John Townsend:

A lot of people always spent their particular free time to vacation or maybe go to the outside with them friends and family or their friend. Do you know? Many a lot of people spent that free time just watching TV, or maybe playing video games all day long. If you want to try to find a new activity this is look different you can read some sort of book. It is really fun to suit your needs. If you enjoy the book which you read you can spend 24 hours a day to reading a guide. The book *The New Beverly Hills Diet: The latest weight-loss research that explains a conscious food-combining program for LIFELONG SLIMHOOD* it is extremely good to read. There are a lot of those who recommended this book. They were enjoying reading this book. Should you did not have enough space to deliver this book you can buy the e-book. You can more effortlessly to read this book from the smart phone. The price is not too expensive but this book features high quality.

Nancy Jackson:

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