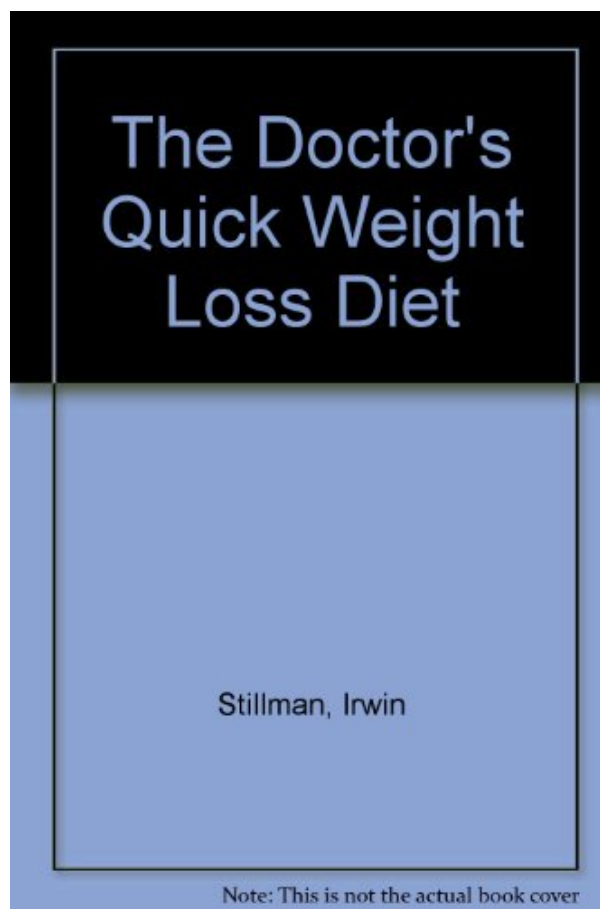


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The Doctor's Quick Weight Loss Diet

Stillman, Irwin

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About the Author

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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.

- Sales Rank: #4528813 in Books
- Published on: 1968
- Number of items: 1
- Binding: Paperback
- 64 pages

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22 of 22 people found the following review helpful.

Fantastic Diet- VERY Effective

By S.A.L.

I have been on many diets in the past, as I was a chubby child who always battled about 20 extra pounds. Since having my third child and finally losing the baby weight (it took three years) I have been very vigilant about what I eat. I also work out 6 days a week.

Over the last year I gained about 6 pounds and though I am not nearly overweight, I did not feel comfortable in my own skin. I am 5'3 and weigh 126, so 6 pounds is a lot on my frame.

I did not want to try a gimmick or fad diet because I have found the best approach for me is to keep a calorie budget- Eat whatever I want when I want it but not go over my allotted calories. However I did want fast results and I was desperate to break out of my sugar habit, which I have known for years is not healthy.

I am SO happy I bought this book. Let me tell you why:

First and most important: I have been on the diet for one week and three days. So far I HAVE LOST 4 lbs!!!! (of fat not water weight trust me I know the difference). For someone like me who is very resistant to losing weight (because of years of yo-yo dieting) this has been unbelievable. I did Atkins 8 years ago and I lost almost nothing in the first month. This is so much more encouraging than Weight Watchers where I slogged in and out week after week losing maybe half a pound every two weeks. The pounds come off quickly, it is a thrill and keeps you VERY motivated to stay with the program.

Second: This book agrees with my personal eating philosophy- eat what you want when you want it, just budget wisely and take action as soon as the pounds start to creep up.

Third: The tough talk is very motivating. For example: the author says people are fat because they eat too much. And then try to lie and blame their genetics or thyroid. YES. Exactly.

THE DIET ITSELF:

The basic premise of the diet is lean protein ONLY. You can eat lean meat, poultry, seafood, cottage cheese and eggs, until you feel full. You can not eat fatty anything, you cannot consume alcohol, nor can you eat vegetables or fruit. You eat this way until you have reached your desired weight. As the author instructed I did take a multivitamin daily.

After reaching your goal, you reintroduce vegetables and more fats. If you want cake occasionally, eat it and enjoy it. If you notice the pounds creeping back on go back to the first phase of the diet for a week, or even a few days, to correct the extra calories you consumed.

MY EXPERIENCE:

The beginning was very difficult I am not going to lie. The first three days I was MISERABLE and very very tired. Sometime into the 5th day I noticed I was feeling great and had no food cravings although I had eaten very little. I did not think about food until my stomach gave a slight hunger signal----a healthy, normal hunger signal, not a craving, not a desire for a sugar fix and not an emotional response to food.

The other wonderful thing I noticed was that if I have had any cravings at all over the last week it has been for vegetables ONLY. Chocolate does not tempt me, nor does cake or bread. All I dream about is getting to eat veggies again. My idea of a treat would be munching on roasted peppers or eating a dark leaf salad. I am thrilled about this, and was not expecting it at all. I have never been a vegetable person, I'd rather have a cookie any day. But now I feel I have finally been cleansed of processed toxins and my body is learning to

discover natural food again.

I recommend this book highly. I am sure many people will criticize you for choosing to undertake this diet, but just try it! You will not lose anything by giving yourself a week on it. Go for it, and see how you feel after a week. See if you are happy with the results. If you are terrified of not getting your daily vitamins, have a small glass of orange juice every other day. Or have a small healthy salad (with no fatty dressing). You will not harm your health on this diet. Your health is in much more danger by carrying around extra weight all the time.

I am going to continue on this diet until I lose those 6 pounds. And then I am going to add in generous portions of vegetable and more dairy.

I really hope this book is reprinted. It's a small book, no-nonsense, no flash. But really effective.

It is the BEST diet I have ever read, and the BEST diet I have ever been on.

3 of 3 people found the following review helpful.

Never be Overweight again.

By Grace Hill

The best life-changing method of getting weight off quickly and retraining your brain to eating healthy, clean food again. I've used this diet regimen since 1970 and have told many people about this program. This is my fourth book (people just borrow it and never return). I hope someone out in the publishing world sees all the grand reviews and benefits people have gained from it, then reprint the book. KUDOS to Dr. Stillman - he should be cannonized.

2 of 2 people found the following review helpful.

Still good book

By EYESMILE

Many folks don't approve of stillman diet, but over the years with excessive weight, health problems Nd my personal eating habit s it is excellent. That sed, it works for me because I can eat whenever I want, however much I want Nd little prep time, no measuring, recipes, etc. Bthanks heavens . You eat protein and foods listed w lots of wTer but no other restrictions. My average was five pounds a week. After water, then fat. To get it off rapidly is what I needed. After three days my stomach had 'shrunk' and I was eating less. Mild headache for two days or so. Appetite down a lot. First weight drop of week 5 to 10lbs. Then stay slim eating.

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