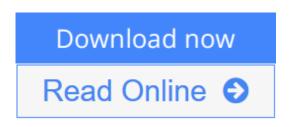


# The Complete Scarsdale Medical Diet: Plus Dr. Tarnower's Lifetime Keep-Slim Program

By Herman Tarnower, Samm Sinclair Baker



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For more than 40 years, Dr Herman Tarnower warned his patients to eat sensibly and stay trim. When they complained that diets didn't work, he decided to find a diet that would work. After years of research and medical trials he founded the Scarsdale Medical Centre and developed a weight loss programme that he believed was simple, safe and fast. This book offers answers to a range of diet and health questions, and contains five complete 14-day menu plans, a lifetime keep-slim programme and guidance on a range of medical problems that are affected by diet.

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# The Complete Scarsdale Medical Diet: Plus Dr. Tarnower's Lifetime Keep-Slim Program By Herman Tarnower, Samm Sinclair Baker Bibliography

- Sales Rank: #42743 in Books
- Brand: Bantam
- Published on: 1982-01-01
- Released on: 1982-01-01
- Original language: English
- Number of items: 1
- Dimensions: 7.00" h x .70" w x 4.20" l, .26 pounds
- Binding: Mass Market Paperback
- 240 pages

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