



The complete Scarsdale medical diet plus Dr. Tarnower's lifetime keep-slim program

Herman Tarnower

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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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