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# BEVERLY HILLS DIET



The latest weight-loss research that explains  
a conscious food-combining program for

## LIFELONG SLIMHOOD

**JUDY MAZEL**

with medical commentary by Albert Sokol, M.D.

# The New Beverly Hills Diet Slim Kit With 4 Cassettes

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## **The New Beverly Hills Diet Slim Kit With 4 Cassettes:**

Words on Cassette ,2002 R R Bowker Publishing,2002    **Books Out Loud** ,2007    **Esquire** ,1961    **The New Beverly Hills Diet** Judy Mazel,1996-10 The secret of this diet plan rests with the conscious combining of foods The book is split into four parts the first explains the programme part two shows how to obtain and maintain slimhood part three is a 35 day weight loss programme and the fourth part includes recipes and a workbook    *Educational and Industrial Television* ,1980    Weekly World News ,1993-05-04 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world s only reliable news source since 1979 The online hub www weeklyworldnews com is a leading entertainment news site    The Compu-mark Directory of U.S. Trademarks ,1991    New York Magazine ,1997-04-28 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea

**Science Digest** ,1982    **The New Beverly Hills Diet Recipes to Forever** Judy Mazel,1997 Based on The New Beverly Hills Diet and the rules of Conscious Combining this ccoobook shows readers that staying slim doesn t have to be boring or bland Mazel provides Born Again Skinnies with a wealth of recipes featuring Consciously Combined staples and delicacies in sauces breads soups main dishes and more    Working Woman ,1993    **The Standard Advertising Register** ,1963    **Ad \$ Summary** ,1979 Advertising expenditure data across ten media consumer magazines Sunday magazines newspapers outdoor network television spot television syndicated television cable television network radio and national spot radio Lists brands alphabetically and shows total ten media expenditures media used parent company and PIB classification for each brand Also included in this report are industry class totals and rankings of the top 100 companies of the ten media    Standard Directory of Advertisers ,1965    The Directory of U.S. Trademarks ,1993    Books in Print ,1994    The New Beverly Hills Diet Little Skinny Companion Judy Mazel,1997 The latest weight loss research that explains a conscious food combining program for LIFELONG SLIMHOOD    The New Beverly Hills Diet Judy Mazel,1994

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