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## Herman Tarnower

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The Complete Scarsdale Medical Diet Herman Tarnower, Samm Sinclair Baker, David Delvin, 1984-01

**La Dieta Medica Scarsdale** Herman Tarnower, 2002 Sin duda alguna, la principal razon de la enorme popularidad de la Dieta Medica Scarsdale reside en su efectividad. La segunda razon es, seguramente, la posibilidad de convertirla en un plan para mantenerse delgado toda la vida. En este libro, que se ha convertido en un best-seller permanente en todo el mundo desde su aparicion, ademas de explicar la dieta en detalle, el Dr. Tarnower ofrece cinco planes diferentes para seguirla, con un total de mas de noventa recetas deliciosas que pueden usarse para variar y convertir la comida en un autentico placer. La Dieta Medica Scarsdale, en un principio, fue desarrollada por este eminente cardiologo para ayudar a sus pacientes con afecciones cardiacas a reducir su peso. Sin embargo, en la practica se revelo como una dieta efectiva y segura para mantenerse en linea.

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