

## Judy Mazel

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### Judy Mazel

Judy Mazel (December 20, 1943 – October 12, 2007) was an American weight loss advocate the author of "The Beverly Hills Diet", which became a 1981 best seller and a nationwide diet craze. Judy Mazel was a devout practicing Jew and was raised in a conservative Ashkenazi Jewish home.

### Judy Mazel - Wikipedia

Judy Mazel (1943–2007) + Add or change photo on IMDbPro » Judy Mazel was born on December 20, 1943 in Chicago, Illinois, USA. She died on October 12, 2007 in Santa Monica, California, USA.

### Judy Mazel - IMDb

The New Beverly Hills Diet Little Skinny Companion by Mazel, Judy (1997) Paperback Jan 1, 1600. Paperback. \$57.56 \$ 57 56. Only 3 left in stock - order soon. ( 4 ) The Beverly Hills Diet ~ How to be as thin as you like for the rest of your life Apr 1, 1981. by Judy Mazel , ...

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Judy Mazel, author of the 1981 best-selling book "The Beverly Hills Diet," which recommended eating nothing but fruit, and lots it, for the first 10 days of a six-week regimen, and which drew...

### Judy Mazel, Creator of Best-Selling 'Beverly Hills Diet ...

With this new program, author Judy Mazel has made your dreams a reality. She shows you how to take charge of the foods you eat to achieve a lifestyle eating plan that will keep you off the "fat track" for good.

### The New Beverly Hills Diet: The latest weight-loss ...

Actress Judy Mazel created The New BH Diet, an update to her 1980s plan. She suggests that when some foods are eaten together it leads to poor digestion and in turn obesity. The New BH Diet is a 35-day program, in which you'll learn to eat carbs only with carbs, proteins only with proteins and fruits by themselves.

### Beverly Hills Diet by Judy Mazel | Diet Review

After losing 72 pounds on the original Beverly Hills Diet, the author Judy Mazel maintained her weight loss. Mazel died at the age of 63 from complications related to peripheral vascular disease. The original diet commenced with a 42-day initiation phase, which was based largely on fruit.

### Beverly Hills Diet Investigated - Freedieting

An updated version of the 1981 best-seller, the book is written by Judy Mazel, who ran a weight-loss clinic in Beverly Hills and died in 2007. Mazel had no training in science or nutrition but...

### The New Beverly Hills Diet Review: Phases, Foods, & More

Judy Mazel (December 20, 1943 – October 12, 2007) was an American weight loss advocate the author of The Beverly Hills Diet, which became a 1981 best seller and a nationwide diet craze. Judy Mazel was a devout practicing Jew and was raised in a conservative Ashkenazi Jewish home.

### Judy Mazel - WikiMilli, The Best Wikipedia Reader

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Judy Mazel, author of "The Beverly Hills Diet," a 1981 best seller that helped jump-start the age of the diet book even though its pineapple-heavy regimen was dismissed as nonsense by mainstream...

### Judy Mazel: 1943 - 2007 - Chicago Tribune

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### The Beverly Hills Diet by Judy Mazel - Alibris

Judy Mazel, 63, who is widely credited with starting the diet-book craze with her 1981 book The Beverly Hills Diet, died on October 12 at a hospital in Santa Monica, Calif. (She also wrote Slim &...

### Judy Mazel of Beverly Hills Diet Fame, Is Dead at 63 ...

The current leader, "The Beverly Hills Diet" by Judy Mazel, sits in the No. 1 position after 10 printings and with more than 800,000 copies in print, followed in third place by Hollywood...

### Behind the Best Sellers; JUDY MAZEL - The New York Times

The Beverly Hills Style: How to Be the Star in Your Own Life. Judy Mazel \$6.49 - \$14.99

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