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Judy Mazel

Judy Mazel (December 20, 1943 -

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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

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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.

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The New Beverly Hills Diet Little Skinny

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Judy Mazel, author of the 1981 best-

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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

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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

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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.

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Beverly Hills Diet Investigated - Freediating

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:

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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.

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Judy Mazel: 1943 - 2007 - Chicago Tribune

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Judy Mazel, 63, who is widely credited with starting the diet-book craze with

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her 1981 book *The Beverly Hills Diet*, died on October 12 at a hospital in Santa Monica, Calif. (She also wrote *Slim &...*)

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