

# **The Doctor's Quick Weight Loss Diet By Dr. Irwin Maxwell Stillman M.D.;Samm Sinclair Baker**

**By Dr. Irwin Maxwell Stillman M.D.;Samm Sinclair Baker**

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Jul 28, 2012 Stillman's "Quick Weight Loss Diet" Stillman's QWL = The Doctor's Quick Weight Loss Diet, by Irwin Maxwell Stillman M.D. and Samm Sinclair Baker. <http://forum.lowcarber.org/showthread.php?t=445056>

### **Stillman diet - Wikipedia, the free encyclopedia -**

The Doctor's Quick Weight Loss Diet (The Stillman Diet) was created by Irwin Maxwell Stillman, M.D., Under a doctor's guidance,

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The Stillman Diet was invented by Dr. Irwin Maxwell After this success Stillman along with Dr. Samm Sinclair Baker wrote The Doctor s Quick Weight Loss Diet

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