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Somers Eat

Great Lose

Weight

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The SUZANNE Show

Ep. #10 (2/4):

Suzanne Somers

\u0026 Tosca

Reno - Eat More

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To Weigh Less

Suzanne Somers

Sexy Forever -

How To Fight Fat

Over 40 Latkes

and Last Minute

Deals - The

Suzanne Somers

Podcast

Suzanne Somers

Q\&A on

Bioidentical

Hormones! Learn

why BHRT might

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be right for
you!

It's Bruce
Somers' Birthday

Party! - The

Suzanne Somers

PodcastThe

Suzanne Podcast

- How To Have A

Great Hair Day,

Every Day (Plus

Skin and Nails)

Provence Cooking

with Suzanne

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Somers Eat

Walk Down Memory Lane! The

Suzanne Somers

Podcast

Sophia Weighs In - Week 7 (Somersize)

~~Sophia Weighs In - Week 8~~

~~(Somersize) The~~

Suzanne Somers

Podcast - Gut

Makeover.

Suzanne Somers

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~~Swears By Eating~~

~~Steak and Butter~~

~~Every Week Why~~

~~Suzanne Somers~~

~~Was Fired From~~

~~Three's Company~~

~~Suzanne and Al~~

~~have gone~~

~~completely~~

~~CocoNUTS! - The~~

~~Suzanne Somers~~

~~Podcast *What's*~~

~~*In Your Poop?*~~

~~*Suzanne Somers*~~

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Breaking Through

- Episode 3

Suzanne Somers
on her

*unconventional
approach to*

*aging: 'I
honestly love my
age' | Nightline*

Three's Company

Reunion with

Suzanne Somers

and Joyce DeWitt

Recovering at

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~~Christmas Eat The~~

~~Suzanne Somers~~

~~Podcast Inside~~

~~Suzanne Somers'~~

~~desert oasis~~

~~September~~

~~SUZANNE™ Selects~~

~~The Suzanne~~

~~Somers Podcast~~

Spa Day with

Suzanne Somers

and Big Al

~~SUZANNE Speaks:~~

~~Organic Makeup~~

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~~Tutorial Eat~~

The Low-Carb
Diets Guide / 8.

Somersizing
Family feast
time with

Suzanne Somers -

The Suzanne

Somers Podcast A

New Way to Age

with Suzanne

~~Somers Suzanne~~

~~Somers Shares~~

~~Her Detox Tips~~

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The SUZANNE Show

Ep. #5 (5/6) :

Suzanne Somers

with Dr. Joyal -

Anti-Aging Super

Foods SUZANNE

SOMERS' SECRET

TO FIGHTING FAT

AFTER 40!! How

To Reinvent

Yourself -

Suzanne Somers

November SUZANNE

Selects reveal -

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The Suzanne

Somers Podcast

Suzanne Somers

Eat Great Lose

Suzanne Somers'

Eat Great, Lose

Weight: Eat All

the Foods You

Love in

"Somersize"

Combinations to

Reprogram Your

Metabolism, Shed

Pounds for Good,

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and Have More
Energy Than Ever
Before.

Paperback –
Illustrated,
March 30, 1999.

Find all the
books, read
about the
author, and
more.

Suzanne Somers'
Eat Great, Lose

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Weight: Eat All
the Foods . . .

Suzanne Somers' book, Eat Great, Lose Weight is a way of life...not a diet. I have had an extra 15-20 pounds on me since the birth of my son. He is 11 years old today.

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Approximately 3
1/2 weeks ago I
took the Suzanne
Somers journey
and modified my
diet according
to the book. I
have already
lost 8 1/2
pounds and well
on my way to 104
pounds!

Suzanne Somers'

Page 16/48

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Eat Great, Lose Weight: Eat All the Foods ...

Suzanne Somers' Eat Great, Lose Weight: Eat All the Foods You Love in "Somersize" Combinations to Reprogram Your Metabolism, Shed Pounds for Good, and Have More

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Somers Than Ever

Before by

Suzanne Somers,

Barbara M. Dixon

(Foreword by)

Paperback (First

Paperback

Edition) \$18.99

Suzanne Somers'

Eat Great, Lose

Weight: Eat All

the Foods ...

Now Somers

Page 18/48

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believes that diets and deprivation do not help people lose weight in the long-term. In Eat Great, Lose Weight, she explains the food-combining plan she calls. 'Years ago, Suzanne Somers lost the chance

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Sommers Eat a hit television series because she was "too chunky." That missed opportunity started her on a "diet roller coaster," trying all kinds of diets.

Suzanne Somers'

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Eat Great, Lose
Weight: Eat All
the Foods ...

Eat Great, Lose
Weight by
Suzanne Somers
(1997,
Hardcover) The
lowest-priced
brand-new,
unused,
unopened,
undamaged item
in its original

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Somers' Eat Great, Lose Weight (where packaging is applicable).

Eat Great, Lose Weight by
Suzanne Somers
(1997, Hardcover

...

Suzanne Somers' Eat Great, Lose Weight. No one knows the self-denial—and the

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failure rate—of
dieting better
than Suzanne

Somers. The

Three's Company
and Step-by-Step
star struggled
with her weight
for twenty
years. But now,
after years of
experimentation
and consultation
with more than

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One hundred
nutritionists
and dietitians,
Suzanne has
developed a
weight-loss plan
that truly
succeeds.

[PDF] Suzanne
Somers' Eat
Great, Lose
Weight
by Suzanne

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Somers. I've
tried every diet
in the world.

The shakes, the
calorie
counting, the
packaged foods,
the fasting, the
grapefruit, the
cottage cheese,
the celery...

Off I'd go on my
path toward
deprivation --

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Somers Eat
Great Lose
Weight

all in the name
of being thin.
What I really
wanted was to
find a way to
eat healthy,
nutritious, yet
flavorful foods
in substantial
portions and
still lose
weight.

Eat Great, Lose

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Winters - Eat

InnerSelf

Somers believes
that diets and

deprivation do
not help people

lose weight in
the long-term.

In Eat Great,
Lose Weight, she

explains the
generally low

carbohydrate,
food-combining

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Summers Eat
Great Lose
Weight

plan: eliminate
"funky foods"
such as sugar
and white flour;
eat fruits alone
on an empty
stomach; eat
proteins and
fats with
vegetables and
without
carbohydrates;
eat
carbohydrates

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with vegetables
and without fat.

Suzanne Somers'
Eat Great, Lose
Weight -

FabulousLiving
Suzanne Somers'
Diet Plan.

Suzanne Somers
diet: Day 1.

Breakfast 1
glass of pure
warm water 25g

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of low-fat
yoghurt. Lunch 1
glass of pure
warm water
Chicken soup.
Snack Fruit
juices. Dinner 1
glass of pure
warm water
Steamed zucchini
with steamed
chicken breast.
Suzanne Somers'
diet: Day 2.

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Breakfast 1
glass of pure
warm water 2
boiled eggs 1
cup of green
tea. Lunch

Suzanne Somers

Diet - 7 Day

Meal Plan W

Shopping List

The Somersize

Diet was

developed by

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Suzanne Somers
and was first
introduced in
her 1996 book,
"Eat Great, Lose
Weight." The
diet has been
revised through
the years but
the same
philosophy
maintains that,
"Fat is your
friend, and

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Somers is the
greatest enemy,"
says Somers 1 2.
The plan can be
classified as a
high-fat, low-
carbohydrate
diet, but it
also includes
combining foods
in a way that is
believed to aid
in digestion and
weight control.

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Somers Eat

Somersizing Diet

Plan Tips |

Healthfully

Suzanne Somers'

Eat Great, Lose

Weight: Eat All

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Love in

"Somersize"

Combinations to

Reprogram Your

Metabolism, Shed

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and Have More
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Suzanne Somers'
Eat Great, Lose
Weight: Eat All
the Foods ...

Suzanne Somers'
eat great, lose
weight User
Review - Not
Available - Book

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Somers It has
Great Lose
Weight
Verdict It has
been argued that
one can lose
weight and still
eat large
amounts of foods
if they are in
the proper...

Suzanne Somers'
Eat Great, Lose
Weight - Suzanne
Somers ...

Suzanne Somers

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ThighMaster

Gold. fitness.

\$39.99 .

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Reviews. Click

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reviews Write a

review.

RestoreLife

Formulas Sexy

Leg Renew

Natural

Supplement.

supplements.

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\$34.99 . Eat

Customer
Reviews. Click
to read 2

reviews Write a
review. Sale.

SUZANNE Protein
Shakes Duo.

Food. \$29.99

\$59.98 .

WEIGHT LOSS – Su

zanneSomers.com

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Eat Great, Eat Lose
Weight: Eat All
the Foods You
Love in

"Somersize"

Combinations to
Reprogram Your
Metabolism, Shed
Pounds for Good,
and Have More
Energy Than Ever
Before.

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Eat Great, Lose

Weight book by

Suzanne Somers

Alan Hamel,

Producer:

Nothing

Personal. Alan

Hamel was born

on June 15, 1936

in Toronto,

Ontario, Canada.

He is a producer

and actor, known

for Nothing

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Somers (1980),

Somersize Part

1, Suzanne

Somers: Eat

Great, Lose

Weight (1996)

and Somersize

Part 2, Suzanne

Somers: Think

Great, Look

Great (1996). He

has been married

to Suzanne

Somers since

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November 11,
1977.

Great Lose

Weight
Alan Hamel -

IMDb

But now, after
years of
experimentation
and consultation
with more than
one hundred
nutritionists
and dietitians,
Suzanne has

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developed a
weight-loss plan
that truly
succeeds. With
over a hundred
recipes for
great-tasting
creative and
traditional
dishes, Eat
Great, Lose
Weight will help
you free
yourself from

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Somers' cravings,
get off the diet
roller coaster,
and learn to
love food again.

□ Suzanne Somers'
Eat Great, Lose
Weight on Apple
Books

After the
phenomenal
success of Eat
Great, Lose

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Somers, Suzanne

Somers was
flooded with
letters and

phone calls from
people who had
lost weight the
"Somersize" way.

They had
followed
Suzanne's
satisfying and
effective
program and for

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Somers Eat
Great, Lose
Weight
the first time
had gained
control over
their weight and
their health.

Suzanne Somers'
Get Skinny on
Fabulous Food by
Suzanne ...

About Suzanne
Somers' Eat
Great, Lose
Weight. "Life's

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best memories
come from around
the table. This
is why I love
Suzanne's book.
If people follow
her suggestions,
they will learn
to enjoy food
again, which is
a great
gift."—Pino
Luongo, author
of *A Tuscan in*

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the Kitchen. No
one knows the
self-denial—and
the failure
rate—of dieting
better than
Suzanne Somers.

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