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Jean Harris shot and killed her lover, Herman Tarnower, author of The Complete Scarsdale Medical Diet , in 1982. Learn more at Biography.com.

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Dec 27, 2012 Jean Harris, 'Scarsdale Diet' doctor killer, dies. The former headmistress spent 12 years in prison for the killing of her lover.

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I am stating this diet today. i have been stuck on a plateau and am hoping to kick start my weight loss. i also would be interested in any success stories out there.

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