



Wes Beach

## Local Author Spoofs Beverly Hills Diet

Wes Beach of Aptos has written a spoof on the bestseller, **THE BEVERLY HILLS DIET**, by Judy Mazel.

Wes is a Soquel High School chemistry teacher and part-time instructor at Cabrillo College, and with his background in science, was horrified at the principles propounded in the Mazel book.

"I'm a bookaholic," Wes says, "and I spend a lot of time in book stores. I saw the book pop on to number four on the New York Times bestseller list 22 weeks ago, and rise to number one. Last week it was still number one.

"It was serialized in the Chronicle, and after reading that, I wondered how that much ignorance and idiocy could be contained in the covers of a book. I then read the book and it was worse than the serialization — it was all there in all its ignorance.

"It offends me as a book lover — it is abysmally ignorant! This woman knows nothing about physiology, nutrition or biology.

"The author calls her book an intellectual one, but I think she just picked things up here and there in health food stores.

"She sold her idea to people in Hollywood, where she runs a diet business, then wrote the book and sold it to MacMillan publishers. It

has sold a million copies — it's not hard to find someone on the Beverly Hills Diet."

Along with his background in chemistry, Wes says he and his family practice good nutrition. His wife, Kathy, was a Weight Watchers lecturer for seven years.

Because he found so many contradictions and so much misinformation in **THE BEVERLY HILLS DIET**, Wes decided he had to respond. And he got an inspiration.

So, last summer he wrote a booklet which he titled **THE CLEVERLY BILLS DIET**. Because of the time element, he decided to publish it, himself.

Earlier, he had put together half a dozen short science booklets, which he wrote in clear and simple style and focused toward slow learners.

One of his students, Chip Street, illustrated the booklets with his cartoons, and so with the new booklet he used the same publishing process, asking Chip to do the illustrations.

Kathy Beach, now a graphic designer, did the covers.

Along with the spoof, the book contains a very good, easy-to-understand explanation of the digestion process.

**THE CLEVERLY BILLS DIET** is available, at \$2, from local bookstores.