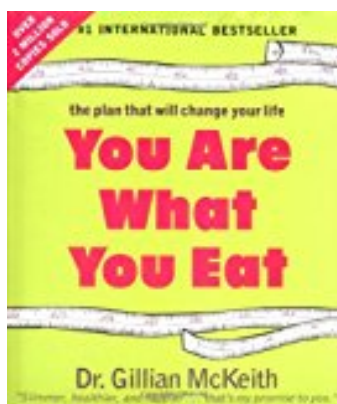


[PDF] You Are What You Eat: The Plan That Will Change Your Life

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--This text refers to the edition.

About the Author Gillian McKeith, Ph.D., is the internationally acclaimed clinical nutritionist and director of the renowned McKeith Research Centre in London. Her extensive clientele includes professional and Olympic athletes, members of the royal family, and famous celebrities. Dr. Gillian is the presenter of *You Are What You Eat*, a smash hit prime-time TV show in the UK, and the author of the number-one bestselling book *You Are What You Eat*, which is now being translated into other languages around the world. She is also the author of *Living Food for Health*, (Piatkus/Basic). Raised in Scotland, Gillian now travels extensively, giving lectures and seminars to packed audiences.

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