

21-day dr now diet

21-day dr now diet is a structured and effective weight loss program designed to promote rapid fat reduction while encouraging healthy eating habits. Developed with the guidance of Dr. Nowzaradan, a well-known bariatric surgeon, this diet plan focuses on portion control, balanced nutrition, and sustainable lifestyle changes. The 21-day duration provides a manageable timeline for individuals seeking to jumpstart their weight loss journey and improve overall health. This article explores the key components of the 21-day dr now diet, including its meal plans, nutritional guidelines, benefits, and potential challenges. Additionally, practical tips and sample menus are provided to support adherence to the plan. Understanding this diet can help individuals make informed decisions about their weight management strategies.

- Overview of the 21-Day Dr Now Diet
- Key Principles and Guidelines
- Meal Planning and Food Choices
- Benefits of the 21-Day Dr Now Diet
- Potential Challenges and Considerations
- Tips for Success on the 21-Day Dr Now Diet

Overview of the 21-Day Dr Now Diet

The 21-day dr now diet is a short-term, intensive plan aimed at reducing caloric intake and promoting weight loss through controlled, nutrient-dense meals. It is modeled after the dietary recommendations provided by Dr. Younan Nowzaradan, known for his work with bariatric patients. The diet emphasizes lean proteins, vegetables, and limited carbohydrates to optimize fat loss and improve metabolic health. This diet is often used as a preparatory step for individuals considering bariatric surgery but can also serve as a standalone program for those seeking rapid weight loss.

The 21-day timeframe offers a clear, achievable goal that helps maintain motivation. By adhering to specific dietary restrictions and portion sizes, participants can expect to see measurable results. The plan also encourages the elimination of processed foods, sugars, and unhealthy fats, which contributes to overall health improvements during the diet period.

Key Principles and Guidelines

The success of the 21-day dr now diet depends on following precise dietary rules designed to reduce calorie intake while ensuring adequate nutrition. These principles target sustainable weight loss and metabolic improvement.

Calorie Restriction

The diet typically limits daily calorie consumption to approximately 800 to 1,200 calories, depending on individual needs and medical advice. This significant reduction helps create a calorie deficit essential for weight loss.

Macronutrient Balance

Protein intake is prioritized to preserve muscle mass during weight loss. Carbohydrates are limited but not eliminated, favoring complex carbs with a low glycemic index. Healthy fats are included in moderation to support satiety and overall health.

Portion Control

Strict portion sizes are enforced to prevent overeating. Meals are measured carefully using kitchen scales or measuring cups to maintain consistency and adherence to the diet plan.

Avoidance of Processed Foods

The diet excludes processed and high-sugar foods, focusing instead on whole, natural ingredients. This helps reduce empty calorie consumption and supports better digestion and nutrient absorption.

Meal Planning and Food Choices

Meal planning is a critical component of the 21-day dr now diet. Selecting the right foods ensures that nutritional needs are met without exceeding calorie limits.

Approved Food Groups

- Lean Proteins: chicken breast, turkey, fish, egg whites, and low-fat dairy

- Vegetables: leafy greens, broccoli, cauliflower, zucchini, peppers, and cucumbers
- Complex Carbohydrates: small portions of brown rice, quinoa, and sweet potatoes
- Healthy Fats: olive oil, avocado (in moderation), and nuts (limited quantities)
- Hydration: water, herbal teas, and black coffee without sugar

Sample Daily Meal Plan

A typical day on the 21-day dr now diet might include:

1. Breakfast: egg white omelet with spinach and tomatoes
2. Lunch: grilled chicken breast with steamed broccoli and a small sweet potato
3. Dinner: baked fish with a side salad dressed in olive oil and lemon
4. Snacks: a small serving of low-fat Greek yogurt or raw vegetables

Benefits of the 21-Day Dr Now Diet

The 21-day dr now diet offers multiple health and weight management benefits, making it a viable choice for many individuals seeking rapid but healthy weight loss.

Rapid Weight Loss

The calorie restriction and balanced nutrition facilitate significant fat loss over a relatively short period, which can improve motivation and adherence.

Improved Metabolic Health

Reducing processed foods and sugars helps stabilize blood sugar levels and improve insulin sensitivity, contributing to better overall metabolic function.

Muscle Preservation

High protein intake supports the maintenance of lean muscle mass, which is crucial for sustaining metabolism during weight loss.

Enhanced Energy and Mood

Balanced meals and the elimination of sugar crashes can lead to more consistent energy levels and improved mood throughout the day.

Potential Challenges and Considerations

While the 21-day dr now diet has distinct advantages, it is essential to consider potential challenges before starting the program.

Caloric Restriction Side Effects

Some individuals may experience fatigue, dizziness, or irritability due to the low calorie intake. Medical supervision is advised, especially for those with pre-existing health conditions.

Meal Preparation Time

Strict meal planning and portion control require time and effort for preparation, which may be challenging for individuals with busy schedules.

Limited Food Variety

The restrictive nature of the diet can lead to monotony in food choices, which may impact long-term adherence.

Tips for Success on the 21-Day Dr Now Diet

Implementing strategies that support adherence can enhance the effectiveness of the 21-day dr now diet and improve the overall experience.

Plan Meals Ahead

Preparing meals in advance ensures compliance with portion sizes and reduces the temptation to consume off-plan foods.

Stay Hydrated

Drinking adequate water supports metabolism and helps curb hunger between meals.

Seek Support

Engaging friends, family, or support groups can provide motivation and accountability throughout the diet duration.

Monitor Progress

Tracking weight, measurements, and how the body feels aids in assessing effectiveness and making necessary adjustments.

Frequently Asked Questions

What is the 21-day Dr. Now diet?

The 21-day Dr. Now diet is a structured weight loss program inspired by Dr. Nowzaradan from the TV show 'My 600-lb Life,' focusing on a calorie-restricted, low-carb, and portion-controlled eating plan to promote rapid and healthy weight loss.

What foods are allowed on the 21-day Dr. Now diet?

The diet emphasizes lean proteins like chicken, turkey, fish, and eggs, plenty of vegetables, limited fruits, and avoidance of high-carb foods such as bread, pasta, rice, and sugary snacks.

How many calories are typically consumed daily on the 21-day Dr. Now diet?

Typically, the diet involves consuming around 800 to 1200 calories per day, depending on individual needs and medical advice, to promote steady and safe weight loss.

Is the 21-day Dr. Now diet safe for everyone?

While the diet can be effective, it is very restrictive and may not be safe for everyone. It is important to consult with a healthcare professional before starting the diet, especially for individuals with underlying health conditions.

Can you exercise while on the 21-day Dr. Now diet?

Moderate exercise is encouraged alongside the diet to enhance weight loss and improve overall health, but it should be tailored to the individual's physical capabilities and approved by a doctor.

What are common challenges faced during the 21-day Dr. Now diet?

Common challenges include dealing with hunger due to calorie restriction, resisting cravings for high-carb or sugary foods, and maintaining motivation throughout the program.

Does the 21-day Dr. Now diet lead to long-term weight loss?

The diet can jumpstart weight loss, but long-term success depends on maintaining healthy eating habits and lifestyle changes after the initial 21 days to prevent weight regain.

Additional Resources

1. *The 21-Day Dr. Now Diet Plan: Transform Your Health*

This book offers a comprehensive guide to Dr. Nowzaradan's 21-day diet program, focusing on portion control, balanced nutrition, and sustainable habits. It includes meal plans, grocery lists, and motivational tips to help readers stay on track. Perfect for those looking to jumpstart weight loss with a medically endorsed approach.

2. *Dr. Now's 21-Day Weight Loss Kickstart*

Designed to help you lose weight quickly and safely, this book breaks down the principles behind Dr. Now's diet. It provides easy-to-follow recipes and practical advice on managing cravings and emotional eating. Readers will find inspiration to achieve lasting lifestyle changes.

3. *Healthy Eating with Dr. Now: 21 Days to a New You*

This book emphasizes clean, whole foods and portion control inspired by Dr. Nowzaradan's diet plans. It includes tips for meal prepping and adapting the diet for different dietary needs. Ideal for anyone seeking a structured, healthy eating routine.

4. *The Essential 21-Day Dr. Now Meal Guide*

Featuring a day-by-day meal guide, this book simplifies the 21-day diet into manageable steps. It includes nutritional information for each meal and shopping guides to minimize stress. Great for beginners who want a clear and concise roadmap.

5. *21 Days with Dr. Now: A Journey to Weight Loss Success*

This motivational book shares success stories and practical advice from Dr. Now's patients alongside diet guidelines. It helps readers stay accountable and understand the emotional aspects of weight loss. A supportive companion for anyone starting the diet.

6. *Dr. Now's Low-Carb 21-Day Diet*

Focusing on low-carb meal plans, this book adapts Dr. Nowzaradan's principles to reduce carbohydrate intake for faster weight loss. It offers recipes, snack ideas, and tips to overcome common diet challenges. Suitable for those interested in carbohydrate-conscious eating.

7. *21-Day Dr. Now Diet Cookbook*

Packed with delicious, easy-to-make recipes that fit within the 21-day diet framework, this cookbook makes healthy eating enjoyable. It focuses on flavor without compromising nutritional goals. Perfect for home cooks looking to diversify their meal options.

8. *The Science Behind the 21-Day Dr. Now Diet*

This informative book delves into the medical research and nutritional science supporting Dr. Nowzaradan's diet plan. It explains how the diet affects metabolism, appetite, and overall health. A great read for those who want a deeper understanding of the diet's effectiveness.

9. *Staying on Track After the 21-Day Dr. Now Diet*

Offering strategies for maintaining weight loss and healthy habits post-diet, this book addresses common pitfalls and how to overcome them. It provides tips for ongoing meal planning, exercise, and mental wellness. Essential for anyone looking to sustain their results long-term.

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21 day dr now diet: Dr. Kellyann's Bone Broth Cookbook Kellyann Petrucci, MS, ND, 2016-12-06 Become a slimmer, younger, healthier you with more than 125 recipes centered on the latest health craze: bone broth. "I start my day enjoying Dr. Kellyann's scrumptious recipes and warm, rich, bone broth. I find it to be a delicious way to keep me on track."—Robin Roberts, anchor, ABC's Good Morning America Thousands of people have already discovered the powerful promise in the New York Times bestseller Dr. Kellyann's Bone Broth Diet. Weight loss, firmer skin, and boundless energy are just some of the benefits of sipping bone broth. It's why celebrities like Gwyneth Paltrow, Shailene Woodley, and Salma Hayek are hooked on it. And it's why Dr. Kellyann has been recommending a diet rich in bone broth to her patients for years. In Dr. Kellyann's Bone Broth Cookbook, you'll discover even more recipes to help you burn fat, heal your gut, and tighten your skin. Each meal is as mouth-watering as it is packed with essential nutrients for glowing health—cravings and hunger pains not included. You'll enjoy more than just bone broth with

fabulous recipes for beef, poultry, fish, lamb, eggs, and more, plus “bonus” recipes for your maintenance phase. They’re all designed with easy preparation and fast cooking in mind, so you can spend less time in the kitchen and more time enjoying your newfound vibrancy. Dr. Kellyann’s Bone Broth Cookbook is your ticket to slimming down, looking younger, and ending cravings for good.

21 day dr now diet: Everyday Food Practices Tarunna Sebastian, 2021-06-29 In *Everyday Food Practices*, Tarunna Sebastian explores the teaching and learning dimensions of people’s food choices and practices as they are played out in their everyday lives and local community. Using multi-sited critical ethnographic methodology, Sebastian followed people on their journeys while planning, shopping, preparing, cooking, and eating food. These journeys reveal that supermarket corporations play a hegemonic role, creating and sustaining class-based diets and cultural dynamics which undermine individual agency. Rebuking corporate hegemony, food education at counter-cultural sites—such as farmers’ markets, food cooperatives, and community gardens—seeks to empower people with knowledge and skills derived from socially and environmentally sustainable food curricula. However, class and ethnicity-based patterns of engagement compromise learning at these sites. Sebastian argues that, by contrast, the embodied experiences of inter-generational, home-based food practices are more effective in teaching sustainable cooking skills and the production of healthy meals.

21 day dr now diet: The 10-Day Belly Slimdown Kellyann Petrucci, MS, ND, 2018-02-20 This isn't another gimmicky diet—it's a powerful eating strategy that will take your extra pounds off quickly, safely, and permanently. —Mark Hyman, MD, Director, Cleveland Clinic Center for Functional Medicine, #1 New York Times bestselling author of *Eat Fat Get Thin* The best gift you can give yourself is a slim, beautiful, healthy belly—and in this book, Dr. Kellyann, an expert I trust, tells you exactly how to get it. —Mehmet Oz, M.D. The New York Times bestselling author of *Dr. Kellyann's Bone Broth Diet* reveals her powerful belly-slimming plan that will help you lose up to 10 pounds in 10 days! Are you sick and tired of your belly fat? Frustrated with diets that don't take it off? Angry that you don't look the way you want to look, and can't wear the clothes you want to wear? Naturopathic physician and weight loss specialist Dr. Kellyann Petrucci has spent over 20 years showing people how to do the impossible: take off stubborn belly fat. After guiding thousands of amazing transformations over her career, Dr. Petrucci has targeted the most powerful ways to flatten your belly—deprivation not included! In *The 10-Day Belly Slimdown*, you will learn the #1 biggest secret to rapid belly-blasting: mini-fasting. This simple but revolutionary shift in the timing of your meals means you'll eat within a seven-hour window each day. While you're mini-fasting, you'll never feel hungry—luscious, satisfying bone broth will quench cravings and melt off pounds, collagen-packed shakes will kick your metabolism into overdrive, and slim-gestion foods, herbs, and spices will fight bloat, lower inflammation, and cleanse your gut. In combination, these strategies deliver incredible results quickly and safely. *The 10-Day Belly Slimdown* includes daily meal plans, batch cooking tips to make meal prep a snap, 80 delicious new recipes, and a sensible maintenance plan. As you heal your belly from the inside out, you'll feel younger, happier, and lighter than you thought possible.

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21 day dr now diet: Ebony , 1979-07 EBONY is the flagship magazine of Johnson Publishing. Founded in 1945 by John H. Johnson, it still maintains the highest global circulation of any African American-focused magazine.

21 day dr now diet: What Your Doctor Eats Camilla Stokholm, 2025-04-24 'What Your Doctor Eats is a marvellous fact-filled journey of discovery that everyone can learn from and enjoy.' - Tim Spector When Dr Camilla Stokholm started work as a GP, her health unravelled; she rapidly gained weight, felt exhausted and had debilitating IBS. Determined to find out the root cause, she discovered that what she ate each day played a much bigger role in her well-being than she ever thought possible. *What Your Doctor Eats* is everything Dr Stokholm has learnt in her journey back to

health. Using the tools in this book – including easy ways to boost the gut microbiome, tips to stabilise hormones and hacks to make sustainable change – she transformed her own health and that of her patients, and now you can too. With a mixture of myth-busting facts, a look at the role of our genes and diet culture, along with the latest discoveries in nutrition science and with a delicious recipe section, this book is the only book you need to feel at your very best.

21 day dr now diet: *McCall's* , 1980-04

21 day dr now diet: *The Ladies' Home Journal* , 1974-07

21 day dr now diet: *Keto Clarity* Jimmy Moore, Eric Westman, 2014-08-05 Have you looked at a low-carb diet simply as a means to lose weight? What if you learned that combining a low-carb nutritional approach with a high fat intake produces a powerful therapeutic effect on a wide variety of health conditions that most people think requires medication to control? That's what Keto Clarity is all about. Jimmy Moore, the world's leading low-carb diet blogger and podcaster, has reunited with his Cholesterol Clarity coauthor Dr. Eric C. Westman, a practicing internist and low-carb diet researcher, to bring you the crystal-clear information you need to understand what a ketogenic diet is all about and why it may be the missing element in your pursuit of optimal health. This book includes exclusive interviews from twenty of the world's foremost authorities from various fields bringing their depth of expertise and experience using this nutritional approach. Moore and Westman clearly explain why ketosis is normal, how this nutritional approach is being used therapeutically by many medical professionals, a step-by-step guide to help you produce more ketones and track your progress, real-life success stories of people using a ketogenic diet, and more. The solid evidence for nutritional ketosis in dealing with many of the chronic health problems of our day is presented, including coverage of epilepsy, Type 2 diabetes, obesity, cardiovascular disease, metabolic syndrome, polycystic ovarian syndrome (PCOS), irritable bowel syndrome (IBS), heartburn (GERD), nonalcoholic fatty liver disease (NAFLD). The good evidence for ketogenic diets is also shared in dealing with Alzheimer's Disease (AD), Parkinson's Disease, dementia, mental illness, schizophrenia, bipolar, depression, narcolepsy, and sleep disorders. Plus, you'll get the details on the emerging science that is showing great promise in treating cancer, autism, migraines, chronic pain, brain injury, stroke, kidney disease, and so much more. Keto Clarity is your definitive guide to the benefits of a low-carb, high-fat diet. Full details on Jimmy Moore's yearlong n=1 scientific experiment of nutritional ketosis, in which he used sophisticated blood testing technology to track and monitor his production of ketones and blood sugar to achieve rather remarkable effects on his weight and health, is also presented as well as food shopping lists, 25+ low-carb, high-fat recipes, and a 21-day meal plan to get you going on your ketogenic lifestyle change. Keto Clarity gives you a whole new perspective on the work that the late, great Dr. Robert C. Atkins started in earnest with his promotion of the low-carb approach beginning in the 1960s. That revolution continues boldly in this book designed to shift your paradigm on diet and health forever!

21 day dr now diet: *Weekly World News* , 1985-10-22 Rooted in the creative success of over 30 years of supermarket tabloid publishing, the Weekly World News has been the world's only reliable news source since 1979. The online hub www.weeklyworldnews.com is a leading entertainment news site.

21 day dr now diet: *Super Woman Rx* Tasneem Bhatia, MD, 2017-09-12 Find your Power Type to discover your personalized plan for weight loss, energy, and lasting health. No more one-size-fits-all diets! Modern womanhood often means juggling multiple roles—businesswoman, mother, spouse, homemaker, and more—all while being expected to look perfectly composed. In other words, it means being superhuman. The truth is, it can seem impossible to maintain physical health while navigating our busy lives. We're overwhelmed and exhausted, which can often translate into unhealthy eating habits, lack of exercise, and no time for self-care. But diet and fitness plans are usually one-size-fits-all, and those universal programs just don't work for every body and every personality. Integrative health and wellness expert Tasneem Bhatia, MD, known to her patients as Dr. Taz, has a plan that is anything but cookie-cutter. Her mission is to help women achieve optimum health, and now she can help you with her personalized plans in Super Woman Rx. In Super Woman

Rx, Dr. Taz sets out to treat “super woman syndrome” by offering five prescriptive plans based on a woman’s unique blueprint, or Power Type, whether you’re a Boss Lady, a Savvy Chick, an Earth Mama, a Gypsy Girl, or a Nightingale. A fun quiz will help you narrow down your type and figure out which strategies will work best for you. Drawing inspiration from Ayurvedic, Chinese, and Western systems of medicine, each nutrition and exercise plan helps you shed pounds, decrease anxiety and depression, rejuvenate skin, reduce PMS symptoms, and much more in just 3 weeks. Then, long-term strategies with specialized plans follow those 3 weeks. With Dr. Taz’s comprehensive, personalized guidance, you’ll radiate from the inside out.

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21 day dr now diet: The Whole Heart Solution Joel K. Kahn, MD, 2014-09-16 A groundbreaking holistic self-care manual for the heart that reveals how to reverse and prevent heart disease now. Cardiovascular disease (CV) is the number one killer in the Western world. But it doesn’t need to be. The truth is that more than 75 percent of cases of heart attacks, strokes, and other cardiovascular disease events are preventable. In *The Whole Heart Solution*, America’s Holistic Heart Doc Joel K. Kahn, MD, reveals more than 75 simple, low-cost things you can do right away—from drinking your veggies to opening your windows to walking barefoot—to make yourself heart attack proof. Here’s what leading physicians and other experts have to say about *The Whole Heart Solution*: “If you want to raise your heart energy, keep your heart arteries clean, and identify the root causes of heart disease to avoid stents and bypass surgery, Dr. Kahn has your prescriptions ready to use. This is a unique manual of caring for your heart by taking out the bad stuff and putting in the good stuff. A must-read.” --Mark Hyman, MD, New York Times bestselling author of *UltraMetabolism*, *Blood Sugar Solution* and others “Coronary artery disease and heart attacks are avoidable through superior nutrition. Dr. Kahn can lead the way to change the face of cardiology in America.” --Joel Fuhrman, MD, New York Times bestselling author of *Eat to Live*, *The End of Diabetes* and others, Board Certified Family physician, Research Director of the Nutritional Research Foundation “This is an important book that everyone needs to read. Dr. Kahn is an expert at translating complex information into easy-to-understand, usable techniques to have a better heart and brain.” --Daniel G. Amen, MD, New York Times bestselling author of *Change Your Brain, Change Your Life* and others Heart disease is mostly preventable, and if we all took a page from Dr. Joel Kahn, America would be a whole lot healthier and happier. --Jason Wachob, founder and CEO, MindBodyGreen.com “Dr. Joel Kahn has a national reputation as one of the top cardiologists in the US. [His book] will be a tremendous asset to patients, their families and physicians.” --Mark Houston, MD, MS, Director, Hypertension Institute and Vascular Biology of Nashville, TN, and author of *What Your Doctor May Not Tell You about Heart Disease* “The heart can be strengthened in so many ways without surgery. Doctors need to be champions of real health, food-based health, fitness-based health. I know champions and Dr. Kahn is a champion.” --John Salley, four-time NBA champion “Dr. Joel Kahn is a...leader in the cardiology world in recognizing the importance of food and lifestyle for heart conditions. His book will be a winner for all involved.” --Neal D. Barnard, MD, Adjunct Associate Professor of Medicine at George Washington University School of Medicine and bestselling author of *Dr. Neal Barnard's Program for Reversing Diabetes* “*The Whole Heart Solution* by Dr. Joel Kahn is an enlightened comprehensive examination by a dedicated physician as well as a treasure chest of opportunities to enhance a full and healthy life.” --Caldwell B. Esselstyn, Jr., M.D., author of *Prevent and Reverse Heart Disease*

21 day dr now diet: 8 Ways to Happiness Marissa Pei, 2018-06-12 *8 Ways to Happiness* is for anyone who has stopped to ask themselves, “Am I happy?” or “Why am I not happy?”, and is not willing to spend 10 years in therapy or take a pill with side effects that make them feel even worse than they do now. Furthermore, it is for those who ARE taking medication for their Dis-Ease” with life and STILL not feeling better. The 8 chapters are focused on common places that human beings get stuck, such as Loneliness, Loss, Hatred, Shame, and Heartbreak, with relatable snapshots and exercises to build new roads into Hope, Love, Faith, and Happiness. Dr. Marissa Pei’s own pain from the past and fear of the future identify with readers and relay a message of hope. She provides those

struggling to find happiness with alternative ways of seeing their own reality, as well as a chance to practice balance tools that shovel out the shii-take from their past and return it as fertilizer for new seeds of understanding about the unique, beautiful, wonderful, precious beings we all are.

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21 day dr now diet: History of Soy Nutritional Research (1990-2021) William Shurtleff; Akiko Aoyagi, 2021 The world's most comprehensive, well documented, and well illustrated book on this subject. With extensive subject and geographical index. 30 photographs and illustrations - mostly color. Free of charge in digital PDF format.

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21 day dr now diet: Sugar Shock! Connie Bennett, Stephen Sinatra, 2006-12-26 The perfect guide to getting healthy by kicking your sugar habit for good with 20 simple, sugar-free success strategies. There's no sugarcoating it: succumbing to sweets too often could damage your health. But to what extent? Most readers already know that succumbing to sweets too often can lead to obesity and diabetes. What many don't know, however, is that too many quickie carbs can bring on a host of other maladies-such as brain fog, fatigue, mood swings, heart disease, and even cancer-from which millions may be suffering because of their sugar or carbohydrate habits. In this engaging, jargon-free book, Connie Bennett and contributing author Dr. Stephen T. Sinatra bring you the shocking truth, backed by medical studies. With insights from thousands of physicians, nutritionists, researchers, and sugar sufferers worldwide, SUGAR SHOCK!™ will teach you how to kick the sugar habit for good. "Spills the beans on the shocking impact of simple carbohydrates on aging and quality of life—a double whammy for humanity."—Mehmet C. Oz, M.D., host of The Dr. Oz Show

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