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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.

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Gillian is the presenter of You Are What You Eat, the hit Celador primetime television programme for Channel 4. Gillian is the author of the bestselling You Are What You Eat, Dr Gillian McKeith's Ultimate Health Plan and Living Food for Health (Piatkus).

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