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Developed by Dr. Don Colbert, a board certified medical doctor of family practice and anti-aging medicine, the diet aims to help individuals lose weight and get on the path of lifetime health once and for all.

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In this follow-up to The Seven Pillars of Health, best-selling author Dr. Don Colbert reveals the top reasons why diets fail and share guidelines for healthy weight loss, including tips for snacking and eating out. Enter before

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