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For over twenty years, Dr. Colbert has practiced medicine in Central Florida and has been board certified in Family Practice for over 25 years and practices. Place an Order: (407) 732-6952. Dr Don Colbert & Kyle Discuss the 21 Day Keto Zone Challenge. Read more Health Articles. 5 days ago. 635 Views.

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With Dr. Colbert's diet, you can say, "I can do this!" As a medical doctor, Don Colbert deals every day with getting verifiable results that prove a patient is on his or her way to long-term health, not just fixing an immediate problem.

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Dr Colbert's Keto Zone Diet Burn Fat Balance Appetite

He'll help you design a healthy, enjoyable lifestyle that fights fat, puts your hormones back in balance, and drops pounds as a result. Includes a 7-day menu plan. 304 pages, hardcover from Worthy. Dr. Colbert's Keto Zone Diet: Burn Fat, Balance Appetite Hormones, and Lose Weight (9781683970248) by Don Colbert M.D.

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Dr Colbert's Keto Zone Diet Don Colbert 9781683970248

Colbert's Keto Zone Diet is easy to read and to easy to apply. In a nutshell, the diet is high in fat, low in carbohydrates and moderate in protein. Here is what I especially like about this book: Dr Colbert explains the

Keto Zone Diet in an easy to understand way, without going into too many details.

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