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Does losing weight and staying healthy feel like a battle? Well, it's really a war. Your enemies are your own genes, backed by millions of years of evolution, and the only way to win is to outsmart them. From the renowned surgeon and founder of Gundry MD, this revolutionary book shares the health secrets other doctors won't tell you: Along with the meal planner, 70 delicious recipes, and inspirational stories, Dr. Gundry's easy-to-remember tips will keep you healthy and on course.

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