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HEALTH AUDIO TAPE By DR. TERRY SHINTANI**

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Terry Shintani, M.D., M.P.H., J.D. J.D. is the author of the Eat More, Weigh Less Diet, How to Lose Up to 10 Pounds in 10 days and Turn Your Health Around with

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Dr.Shintani's nutrition science works are published in scientific journals such as the American Eat More, Weigh Less Diet, Shintani, T.T. Halpax Publishing

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