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Ian K. Smith, M.D., Ian K. Smith, M.D. is the #1 New York Times bestselling author of SUPER SHRED, SHRED, THE 4 DAY DIET, THE FAT SMASH DIET and EXTREME FAT SMASH DIET among 7 other books including, SHRED Diet Cookbook , EAT, Happy , and The Blackbird Papers. His newest book, THE SHRED POWER CLEANSE, is available 12/29/15.

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