



# **The High School Reunion Diet: Younger, Thinner, and Smarter in 30 Days**

*Dr. David A. Colbert M.D.*

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# The High School Reunion Diet: Younger, Thinner, and Smarter in 30 Days

*Dr. David A. Colbert M.D.*

**The High School Reunion Diet: Younger, Thinner, and Smarter in 30 Days** Dr. David A. Colbert M.D.  
A DIET THAT WORKS BETTER THAN BOTOX . . . IN JUST 30 DAYS

A **NUTRITION GUIDE** designed to make you look and feel better just in time for that big event, *The High School Reunion Diet* integrates good science, great recipes, and achievable goals. Dr. Colbert, a popular dermatologist and internist who has earned the trust of many of New York's fashion and media elite, has designed a whole foods diet that will clear your system of toxins and allow you to attain—and sustain—complete health and beauty.

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