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A Nutritional
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Your Body in
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Book Trailer

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Reverse Diabetes
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How Foods Affect
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Breaking The Food*

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*Barnard, MD | Rich
Roll Podcast*

*Cutting Through
the Cholesterol*

*Confusion with Dr.
Barnard Vegan*

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Myths DEBUNKED!

| *With Dr. Neal*

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Barnard, MD |

Pantry Staples -

Healthy Foods to

Stock Up On Now

Reverse Type 2

Diabetes — How

Tina Dropped Her

A1c from 10.6% to

5.4% in 90 Days

Can Vegans Get

Enough Protein? |

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Plant-Based Diet -
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Eats In A Day!

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THE HEALTH FILM
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**Body in Balance -
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Thyroid, Healthy
Hair \u0026amp; Skin**

Dr. Neal Barnard -
Foods That Fight
Moodiness and
Stress - Part 6 Dr
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Neal Barnard, M.D.,
F.A.C.C., is the
founder and
president of the
Physicians
Committee for
Responsible
Medicine. He has
authored more
than 70 scientific
publications as well
as 19 books,
including the

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bestsellers Power
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Hardcover – 26

Dec. 2006. by M.D.

Barnard, Neal D.

(Author), Bryanna

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By Dr ...~~

Originally from
Fargo, North
Dakota, Neal
Barnard comes
from a long line of
cattle ranchers
who grew up on a
steady diet of meat
and potatoes.
Hegot his medical

Access Free Dr
Neal Barnards
degree in
psychiatry from
George
Washington
University where
he is currently an
Adjunct Associate
Professor of
Medicine. College
is also where he
became interested
in vegan diets.

~~Neal Barnard's Diet~~

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~~Program For How
This Physician
Reversing
Stays ...~~

Nutrition

researcher and

New York Times

bestselling author

Neal Barnard, MD,

demonstrates how

foods affect our

hormones—and our

health—in his new

book, Your Body in

Balance. Dr.

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Barnard shares the science behind how common hormone-related conditions—like infertility, weight gain, menopausal symptoms, breast and prostate cancers, thyroid problems, and acne—can be affected by and improved by simple

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Here's a quick
review of Dr Neal
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This is my opinion
of the book -
looking at his
thoughts on the
cause of di...

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Barnard, the author
of Dr. Neal
Barnard's Program
for Reversing

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Diabetes, is not
advocating any
medicine or
exercise
routine--his
solution to battling
disease, especially
diabetes, is a low-
fat vegan diet.

~~Vegetarians in
Paradise/ Dr. Neal
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As president of the
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Scientificallly
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standards in
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research. His
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research
contributed to the
acceptance of plant-
based diets in the
Dietary Guidelines
for Americans. In
2015, he was

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named a Fellow of
the American
College of
Cardiology.

~~President — Neal
Barnard, MD, FACC~~

Dr. Neal Barnard's
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Quotes Showing
1-11 of 11. “You
will find that your
taste buds have a

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memory of about 3 weeks.”. — Neal D. Barnard, Dr. Neal Barnard's Program for Reversing Diabetes: The Scientifically Proven System for Reversing Diabetes Without Drugs. 10 likes.

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