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### **Healing and you radio show | just another**

This is the website for the Healing and You radio show, hosted by Dr. Terry Shintani, Dr Following Dr. Shintani s Eat More, Weigh Less

## **Resources | fuel your health**

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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Lose weight while eating more food with Dr. Shintani's Eat More Weigh Less Hawaii Diet Program and control blood sugar and cholesterol in a healthy way.

### **The good carbohydrate revolution: a proven**

The Good Carbohydrate Revolution: A Proven Programme for Dr. Terry Shintani received his master's degree of Dr. Dean Ornish's book, "Eat More, Weigh Less,

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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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