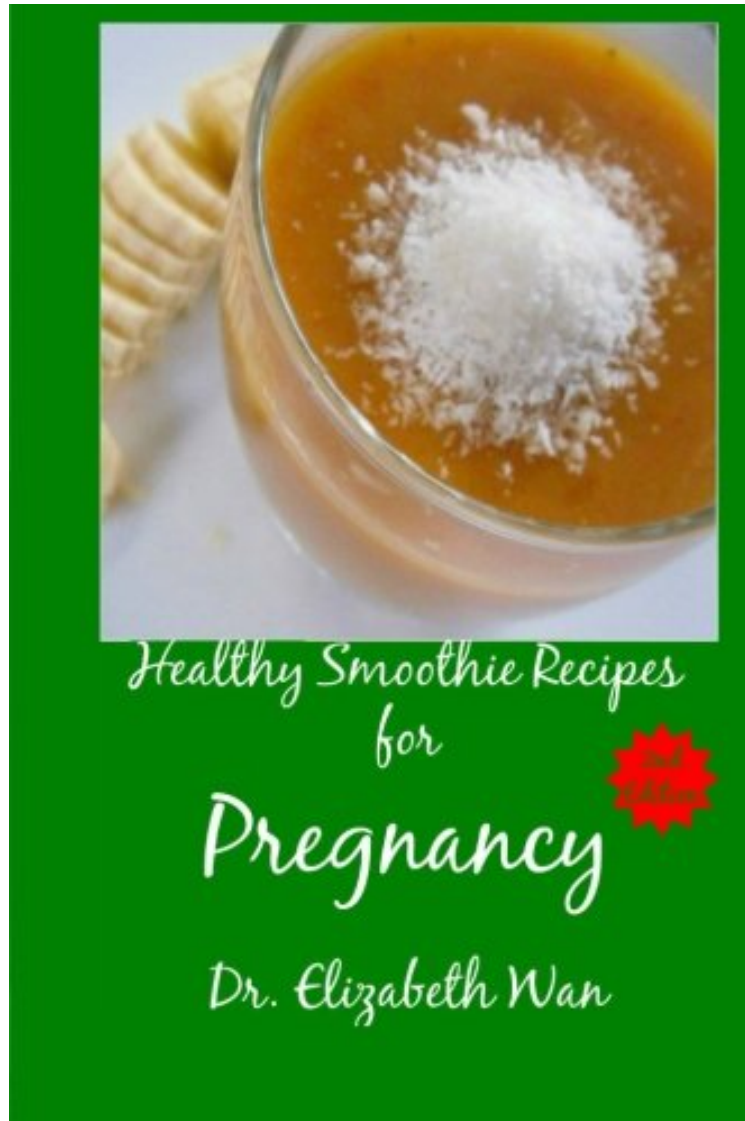


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About the Author Dr Elizabeth Wan is an integrative medicine doctor who knows that a healthy diet can prevent and reverse many lifestyle diseases. Follow her on Twitter @DrElizabethWan or visit her blog <http://HealingSmoothies.blogspot.com/>.