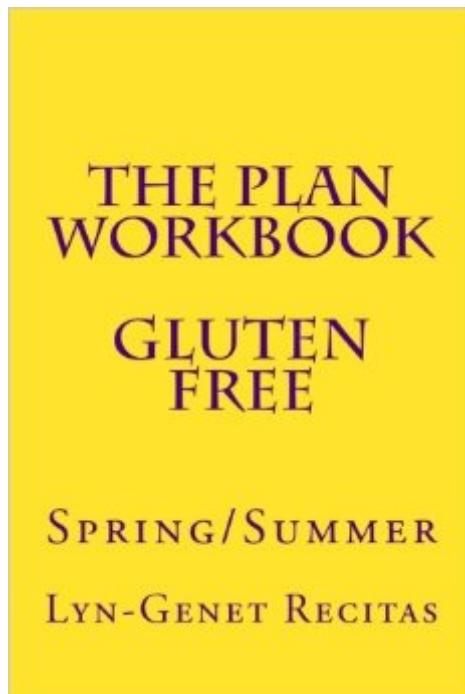


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Synopsis

Lyn-Genet Recitas is the New York Times bestselling author of *The Plan*, a groundbreaking anti-inflammatory nutritional protocol. Her work has been featured on Dr Oz, Huffington Post and Fox News. She has been a holistic nutritionist for over 30 years studying nutritional therapy, holistic medicine, herbology, homeopathy, yoga and shiatsu. Lyn-Genet and her team at The Lyn-Genet Plan have helped hundreds of thousands of men and women find easy, effective ways to lose weight, improve health and reverse the aging process.

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this was really useful, it gives you the info without all the other stuff that is interesting but makes getting to the meat of the diet more difficult. *The Plan* is a great way to find out which foods are best for your metabolism. Also, by taking all the gluten out of the Plan, it makes it easier.

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