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Ian K. Smith - Official Site

Ian K. Smith, M.D. Dr. Ian Smith is the author of the #1 New York Times bestselling books, SHRED: THE

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IAN K. SMITH, M.D. is the New York Times #1 bestselling author of Shred, The 4 Day Diet, The Fat Smash Diet and Extreme Fat Smash Diet. He is a co-host of the television show The Doctors , a medical contributor to The Rachael Ray Show and host of the nationally syndicated radio show HealthWatch .

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