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Feb 23, 2014 Dr. Cliff Sheats is a internationally known Board Certified Clinical Nutritionist. He is the author of the National Best Seller, Lean Bodies. His Lean

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Lean bodies by cliff sheats | cathe friedrich

Hi everyone, I have both this book and the cookbook (I posted this under the clean eating thread). Regarding the foods, this book is really geared towards the body

Cliff sheats (author of cliff sheats' lean bodies

Cliff Sheats is the author of Cliff Sheats' Lean Bodies (3.00 avg rating, 6 ratings, 1 review, published 1992), Cliff Sheats' Lean Bodies Cookbook (2.33

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