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# **Joel Fuhrman MD, nutrition expert, w/ Steve Adubato**

www.DrFuhrman.com - A sample clip from UPN 9 "One on One." Dr. Fuhrman discusses supplements, dairy, processed foods, caratonoids, and anti-oxidants.

Confused on what to eat to stay healthy and lean? This video will answer all of your nutritional questions. Check out MyBodySite.com for more information. mybodysite.com

**Video Rating: 4 / 5**

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